



That Guy

Who Ate
All the Potatoes

Recommends
A Month of
**Healthy
Potato Recipes**



*Nutrition today.
Good health tomorrow.®*



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Chris Voigt, that guy who ate all the potatoes

Welcome to Potato Land!

I work for potato-growing farm families in Washington State. They are very proud of the premium quality potatoes that come from their land – in fact Washington grows more potatoes per acre than any other place in the world. Sustainability, good agricultural practices and responsible farming are basics to these farming families, as is providing your family with tasty and nutritious potatoes.

When it comes to healthy eating, our potatoes provide an amazing array of nutrients, at very little cost. Just have a look at the nutrition label information on page 2.

But some people still think potatoes aren't an everyday meal choice. To prove them wrong, I decided to go on an all-potato diet for 60 days, just to show them that I could still be healthy while eating nothing but potatoes. Of course I consulted with my doctor and with a registered dietitian before I started this dietary protest. And when I completed the 60 days, here's what we found: I had lost 21 pounds, my cholesterol went from 214 to 147, my blood glucose dropped 10 points and I felt great.

Now we all recognize that this was an extreme measure, and I don't want to encourage anyone else to try this. I do think I proved my point, however. And now we want to get the message out that healthy potatoes are okay for daily meals.

We've created this collection of recipes just to show how potatoes fit in – every day – for busy families. We hired Chef David Bonom to create healthy potato recipes that meet the new USDA Dietary Guidelines and match your needs for speed, not too many ingredients and great flavor. We've tasted them all and are delighted with the results.

We know you'll find more than one recipe in these pages that will be a new favorite for your family. And we bet that you'll want to share them with your friends and neighbors.

We'd love to hear from you – how you like the recipes and how you use potatoes for every day and special meals. And of course, if you need more information, just e-mail us at info@potatoes.com.

I proved that potatoes are good and healthy. I think these recipes will make you agree.

Chris Voigt, Executive Director, Washington State Potato Commission

Nutrition Facts

Serving Size 1 potato (148g/5.3oz)

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 620mg 18%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Suafars 1g

Protein 3g

Vitamin A 0% • Vitamin C 45%

Calcium 2% • Iron 6%

Thiamin 8% • Riboflavin 2%

Niacin 8% • Vitamin B₆ 10%

Folate 6% • Phosphorous 6%

Zinc 2 % • Magnesium 6%

Copper 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

How are potatoes nutritious?

You can whip up these tasty, fun and user-friendly dishes knowing they meet approved levels and sources of fats, sodium and calories in the ***Dietary Guidelines for Americans 2010***. Issued by the US Department of Agriculture and US Department of Health and Human Services, the Guidelines are reviewed, updated if necessary and published every five years. With up to 738 mg for a standard portion, potatoes are listed in the most recent issue as the #1 food source of potassium, one of the key “shortfall” nutrients identified by the Guidelines Advisory Committee.

With B vitamins, fiber, minerals, as much protein as a half glass of milk and nearly half the daily requirement of vitamin C, potatoes are the most complete vegetable in your produce section — and your belly. Just as important as what potatoes **do** have is what potatoes **don't** have: they have no fat, no sodium and no cholesterol!

Starchy vegetables, such as potatoes and carrots, have at times been labeled as “bad” foods, on the “to avoid” list because of their ranking on the **glycemic index**. The index is a system dietitians have used that assigns a number to foods based on their ability to increase blood glucose. But it doesn't tell the whole story. To best control blood glucose levels, it's equally important to pay attention to the amount of carbohydrates we eat, their temperature when eaten, the foods ingested at the same time as the carbs, and the exercise undertaken at the time and on a regular basis.

Some carbohydrates have become known as “Skinny Carbs.” Their real name is **resistant starches**. Unlike sugars and starches that are quickly digested and absorbed into the body as glucose, resistant starches — those found in breads and cereals, potatoes, bananas, black beans and oats and other grains — resist digestion and pass through to the large intestine like dietary fiber. Some research claims that foods containing resistant starch also shrink fat cells, increase muscle mass, curb cravings and fill you up faster and longer.

A month of meal suggestions!

Chef Bonom has come up with a month-long meal planner of potato and other healthy food combinations.

- We used a five-day week. You can spread the days and recipes over week days and weekends, however you wish for family or entertaining.
- Recipes for the menu items in **bold type** are in this book. The index is on the last page.
- You will notice that you can often use leftovers (LO) in a second dish the next day— convenient and thrifty.
- Potato recipes in the planner are either in this book or on the Washington State Potato Commission website (www.potatoes.com) where noted. Feel free to try other recipes from the website as well.
- Prepared hash browns and other prepared potatoes in your market freezer case are handy, attractive and tasty.
- A microwaved baked potato breakfast? With a scrambled egg topping, why not?!

And by all means, use your imagination to come up with your own favorite potato recipes!



David Bonom

New York-based recipe developer, food writer and Chef David Bonom is a regular contributor to *Cooking Light* magazine, and his work appears frequently in many other magazines, including *Better Homes & Gardens*, *Health*, *Weight Watchers* and *Prevention*. In addition, he has contributed to over 50 cookbooks and diet plan books, including a number of best sellers, such as *The Flat Belly Diet* and *The Skinny Carbs Diet*.

Healthy Meal Planner

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Tex-Mex Breakfast Burrito w/Orange Juice	Corn Muffin, Yogurt & Grapefruit Juice	Frozen Hash Browns w/Egg White Omelet & Fresh Fruit Salad	Smoked Salmon on Toasted Multigrain Bagel w/Light cream cheese, Capers & Red Onion	Cereal, Skim Milk & Fresh Melon
Lunch	Caldo Verde Soup w/Tossed Salad	Steamed Snow Peas w/Szechwan Topped Baked Potato <i>[www.potatoes.com, Recipes and Nutrition, Fresh Recipes, Toppers]</i>	Low-Fat Cottage Cheese with Fresh Fruit Salad	Roasted Many Potato Salad w/Grilled Boneless Skinless Chicken Breast & Grilled Asparagus	Oven Potato Crisps w/Tuna Salad Sandwich, Ranch Dressing & Cucumber Salad
Dinner	Roasted Tomato Mashed Potatoes w/Roast Chicken & Brussels Spouts	Potato Cod Cakes (using LO Roasted Tomato Mashed Potatoes) and Tartar Sauce w/Iceberg Lettuce & Light Blue Cheese Dressing	Potato, Sausage and Peppers Sauté w/Garlic Broccoli Rabe	Basic Baked Potato w/Lean Roast Beef au jus & Roasted Zucchini	Potato, Prosciutto, Apple and Arugula Pizza
	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	Country Breakfast Casserole w/Fresh Orange Segments	Sliced Banana & Maple Syrup w/Potato White Bread French Toast <i>[www.potatoes.com, Recipes and Nutrition, Dehydrated Recipes, Breads]</i>	Bacon, Egg and Potato Skillet w/Orange Juice	Bran Muffin, Fresh Fruit Salad, Coffee/Tea & Skim Milk	Black Pepper Buttermilk and Potato Biscuit Breakfast Sandwich
Lunch	Potato, Ham and Caramelized Onion Calzones w/Sliced Fresh Tomato & Basil	Tomato, Herb and Potato Focaccia w/Sliced Turkey, Light Provolone, Mixed Greens, Balsamic Drizzle & Olive Oil	Corn and Potato Chowder w/Steamed Shrimp & Green Salad	Sloppy Joe in Potato Jackets w/Carrot, Celery & Fennel Sticks	Grilled Skinless Boneless Chicken Thighs & Grilled Squash
Dinner	Beef Stew with Red Wine w/Tri-Color Salad with Lemon Juice & Olive Oil	Potato Rosti w/Pan-Grilled Halibut, Sautéed Snow Peas & Carrots	Spicy Roasted Potato Wedges w/Pineapple-Topped Ham Steak & Wilted Baby Spinach	Black Pepper Buttermilk and Potato Biscuits w/Broiled Flank Steak, Peas, Carrots & Onions	Dijon Potato Crusted Salmon w/Garlic Broccoli & Onions
	Day 11	Day 12	Day 13	Day 14	Day 15
Breakfast	Granola, Yogurt & Fresh Raspberries	Scrambled Egg Whites, Turkey Bacon w/Frozen Hash Browns	Cinnamon Breakfast Bread w/Fresh Mixed Berries	LO Cinnamon Breakfast Bread French Toast w/ Sautéed Apples	Oatmeal & Sliced Strawberries
Lunch	Potato, Corn, Black Bean and Jalapeño Quesadilla	Romano Cheesy Oven Fries w/No Bun Turkey Burger, Lettuce & Tomato	Potato and Tuna Salad	Oven Potato Crisps w/Chicken Salad & Ranch Dressing over Greens	Lite Caesar Salad w/SummerTime Potato Topping <i>[www.potatoes.com, Recipes and Nutrition, Fresh Recipes, Toppers]</i>
Dinner	Roasted Fingerling Potatoes with Caesar Mayonnaise w/Roasted Pork Tenderloin & Green Beans	Mussels with Potato, Chorizo and Cilantro w/Steamed Broccoli	Gnocchi Bolognese w/Sautéed Zucchini & Yellow Squash	Apricot Glazed Roast Pork & Kohlrabi w/ Mashed Potatoes <i>[www.potatoes.com, Recipes and Nutrition, Fresh Recipes, Sides]</i>	Classic Meatloaf (using LO Mashed Potatoes) w/ Roasted Asparagus

	Day 16	Day 17	Day 18	Day 19	Day 20
Breakfast	Breakfast Fruit Smoothie	Toasted Bran Muffin with Strawberry Preserves & Skim Milk	Tex-Mex Breakfast Burrito w/Cranberry Juice	Vegetable Egg White Omelet w/Frozen Home Fries	Center Cut Bacon, Sunny Up Egg & Light Whole Grain English Muffin
Lunch	Grilled Salmon Fillet & Sliced Cucumber w/German-Style Potato Salad [www.potatoes.com , <i>Recipes and Nutrition, Dehydrated Recipes, Sides</i>]	Tomato, Herb and Potato Focaccia w/Healthy Egg Salad	Garden Salad & Roast Beef	Potato, Corn, Black Bean and Jalapeño Quesadilla	Caldo Verde Soup w/Chopped Vegetable Salad
Dinner	Spanish Potato Omelet w/Sautéed Broccolini	Potato, Sausage and Peppers Sauté w/Braised Escarole	Spicy Roasted Potato Wedges w/BBQ Chicken Breast & Grilled Mixed Vegetables	Dijon Potato-Crusted Salmon w/Corn on the Cob & Grilled Fennel	Roasted Chicken with Potatoes, Fennel and Onions
	Day 21	Day 22	Day 23	Day 24	Day 25
Breakfast	Potato, Parmesan, Zucchini and Mushroom Frittata	Cereal, Sliced Bananas & Strawberries, Skim Milk & Orange Juice	Yogurt & Fruit Breakfast Shake	Basic Baked Potato w/Sausage and Egg Substitute Scramble Topping	Bacon, Egg and Potato Skillet w/Mixed Citrus Fruit
Lunch	Chef Salad with Turkey Breast	Jalapeño, Cheddar and Avacado Stuffed Potatoes w/Roast Beef Chef Salad	Tarragon Potato Salad with Shrimp	Curried Potato and Pea Dosas w/Grilled Tofu Cutlet & Baby Spinach Salad	Grilled Chicken Breast over Mixed Greens
Dinner	Potato, Ham and Swiss Casserole w/Steamed Spinach	Chicken and Potato Dumplings w/Sliced Beet & Green Salad	Romano Cheesy Oven Fries w/Portobello Burger, Green Beans & Tomatoes	Pork and Potato Stir-Fry w/Steamed Bok Choy	Rosemary and Roasted Garlic Mashed Potatoes w/Seared Scallops & Steamed Green Beans
	Day 26	Day 27	Day 28	Day 29	Day 30
Breakfast	Egg White and Cheddar Omelet, Wheat Toast & Apple Juice	Blueberry Pancakes, Maple Syrup & Skim Milk	Cinnamon Breakfast Bread w/Light Cream Cheese & Fresh Fruit Salad	Black Pepper Buttermilk and Potato Biscuit Breakfast Sandwich w/Apple	Chopped LO Potato Rosti Hash w/Scrambled Egg Substitute & Sliced Pear
Lunch	Roasted Many-Potato Salad w/Turkey Pesto Panini	Corn and Potato Chowder w/Tossed Salad with Chickpeas & Balsamic Vinaigrette	Grilled Tuna on Baguette with Dijonnaise	Garden Salad w/Lemon and Olive Oil, Topped w/ Grilled, Seared or Steamed Shrimp	Turkey and Brie with Sliced Apples and Crackers
Dinner	LO Roasted Garlic and Rosemary Potato Topped Shepherd's Pie w/Tomato Zucchini & Basil Sauté	Potato, Prosciutto, Apple and Arugula Topped Pizza	Meaty Potato Lasagna w/Light Caesar Salad & Steamed Asparagus	Potato Rosti w/Broiled Baby Lamb Chops, Haricot Vert with Lemon & Olive Oil	Chicken Roasted with Potatoes, Fennel and Onions



RUSSET
Bake, mash, French fry, roast



RED
Boil, steam, roast, sauté, scalloped/ au gratin, soups, salads



WHITE
Boil, steam, mash, French fry, roast, au gratin, soups, salads



YELLOW/GOLD
Mash, steam, bake, boil, roast, French fry



BLUE/PURPLE
Boil, steam, bake



FINGERLING
Boil, bake, steam

Picking the Perfect Spud

Washington grows different potato varieties, which can change from year to year. Most you can find in the supermarket year round, but some of the specialty varieties are only available right after fall harvest. Your local produce manager can give you advice on what the store plans to stock. A good source of the specialty varieties is a farmers market, but stock there also depends on location and time of year.

Choose potatoes that are smooth and about the same shape and size for even cooking. Avoid those with wrinkled skins, cuts, bruises or green coloring. Fresh potatoes need to be stored in a cool, dark place rather than the refrigerator or freezer.

Potato varieties respond differently to various cooking methods, so use this chart as a guide.

Jalapeño, Cheddar and Avocado Stuffed Potatoes

Here's a South-of-the-Border version of Twice Baked Potatoes, hearty enough for a main dish for family or for guests.

Makes 8 servings

- 4 Washington Russet potatoes, about 2 pounds
- 1/2 cup nonfat milk
- 8 teaspoons light sour cream
- 3/4 Hass avocado, peeled and seeded and cut into 1/4-inch cubes
- 1 cup (4 ounces) shredded reduced-fat cheddar cheese
- 1 jalapeño pepper, finely chopped
- 1/4 teaspoon salt

Preheat oven to 400°F.

Scrub potatoes with vegetable brush under cold running water. Prick potatoes with fork in several places. Place on a baking sheet and bake until tender, about 1 hour. Cool 5 minutes.

Cut potatoes in half lengthwise. Scoop out potato, leaving a 1/4-inch thick shell. Arrange shells on baking sheet.

In large bowl, combine potato centers, milk and sour cream and mash. Fold in the avocado, cheese, jalapeño and salt. Divide mixture evenly among potato shells. Bake until the cheese has melted and the potatoes are starting to brown, about 18 to 20 minutes.

Nutritional Analysis per serving: 168 calories, 7 g protein, 24 g carbohydrates, 5 g fat, 3 g saturated fat (29% of calories from fat), 12 mg cholesterol, 2 g fiber, 212 mg sodium.



Pick similar sized potatoes for even cooking.

Beef Stew with Red Wine

Simmer up this rich stew on the weekend, and then refrigerate for a very satisfying supper during the week. You can easily double the recipe if you've a big pot.

Makes 6 servings



- 2 tablespoons olive oil, divided
- 1 1/2 pounds beef top round, cut into 1-inch chunks
- 1 medium onion chopped
- 3 ribs celery, cut into 3/4-inch thick slices
- 3 carrots, peeled and cut into 3/4-inch thick slices
- 5 garlic cloves, sliced
- 1 parsnip, peeled and cut into 1/2-inch thick slices
- 1 (8-ounce) package sliced mushrooms
- 1/2 teaspoon dried thyme
- 1 pound Washington small red potatoes
- 3 cups reduced-sodium beef broth
- 1 cup red wine
- 1/4 cup tomato paste
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

In 8-quart sauce pan or pot over medium-high heat, heat 1 1/2 teaspoons of the oil. Add half the beef and cook, turning occasionally, until browned on all sides, about 5 minutes. Transfer to a plate. Heat another 1 1/2 teaspoons oil and brown remaining beef cubes. Add to already browned beef. Add remaining 1 tablespoon oil to pan and stir in the onion, celery, carrots, garlic, parsnip, mushrooms and thyme. Cook, stirring occasionally, until vegetables start to soften, about 6 to 7 minutes.

Meanwhile, scrub potatoes with vegetable brush under cold running water. Cut each into 8 pieces. Add potatoes, beef and any accumulated juices, broth, wine and tomato paste to the pot. Bring to a boil, reduce heat to medium-low, cover and simmer until the beef and vegetables are tender, about 1 hour 35 minutes. Stir in salt and pepper.

Nutritional Analysis per serving: 310 calories, 30 g protein, 26 grams carbohydrates, 9 g fat, 2 g saturated fat (25% of calories from fat), 50 mg cholesterol, 4 g fiber, 528 mg sodium.



Black Pepper Buttermilk and Potato Biscuits

Mashed potatoes in the biscuit dough help keep the calorie count low but the flavor high. You'll want to copy this recipe for your "Favorites" file. You can always skip the pepper, if you prefer, and add 1/2 to 1 teaspoon of dried herb, such as basil.

Makes 8 biscuits

- 12 ounces Washington State Russet potatoes
- 2 tablespoons unsalted butter
- 2/3 cup low-fat buttermilk
- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 teaspoon coarse ground black pepper

Preheat oven to 425°F. Line a large baking sheet with parchment paper or spray with cooking spray.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into 1/2-inch pieces. Place in large saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are tender, about 10 to 12 minutes. Drain well. Turn drained potatoes into large bowl. Add butter and mash. Stir in buttermilk until smooth.

While potatoes are cooking, in medium bowl stir together the flour, baking powder, baking soda, salt and pepper. Add the potato mixture and stir until just moist. Turn out onto a lightly floured surface and gently knead 5 to 6 times or until dough just begins to hold together. Pat dough to 3/4-inch thickness. With a 2 3/4-inch biscuit cutter, cut out 8 biscuits, pressing together scraps if necessary. Place biscuits on baking sheet, about 2 inches apart. Bake until lightly browned and puffed, about 12 to 14 minutes.

Nutritional Analysis per serving: 156 calories, 4 g protein, 27 g carbohydrates, 3 g fat, 2 g saturated fat, (19% of calories from fat), 8 mg cholesterol, 1 g fiber, 481 mg sodium.



Black Pepper Potato Biscuit Breakfast Sandwich

No need to drive through for a fantastic breakfast sandwich. Make this one at home in minutes, and for lots less calories. You can bake the biscuits for dinner, then set aside one (or more) for this satisfying breakfast the next day.

Makes 1 serving

- 1 slice 30% less fat center-cut bacon
- 1/4 cup egg substitute
- 2 tablespoons shredded 50% less fat Cheddar cheese
- 1 Black Pepper Buttermilk and Potato Biscuit, split
- 1 tomato slice

In small nonstick skillet over medium heat, cook bacon until crisp, 4 to 5 minutes. Drain on paper towel and set aside. Return skillet to heat. In small bowl, mix egg substitute and cheese. Pour mixture into skillet and cook, turning once, about 2 minutes.

Place biscuit bottom on a plate. Top with egg, folding in edges to fit the biscuit. Cut bacon in half and place on top of egg. Top with tomato and remaining biscuit half.

Nutritional Analysis per serving: 250 calories, 16 g protein, 30 g carbohydrates, 7 g fat, 5 g saturated fat (27% of calories from fat), 23 mg cholesterol, 1 g fiber, 827 mg sodium.



Washington state grows premium russet, red, yellow/gold, white and blue/purple potatoes valued all over the world.

Arrange potatoes in single layer on the prepared baking sheet. Bake 20 minutes, turn potatoes with turner or spatula. Continue to bake until golden brown, about 8 to 10 minutes longer.

Turn potato sticks into a large bowl. Add cheese and salt and toss well to coat potatoes.

Romano Cheesy Oven Fries

Savory fries right from your oven, and for less than 200 calories a serving. Team with chicken, burgers or fish, or just for a snack. Another time try grated Parmesan or Asiago cheese in place of Romano.

Makes 4 servings

- 1 1/2 pounds Washington Russet potatoes
- 1 tablespoon extra virgin olive oil
- 2 tablespoons grated Romano cheese
- 1/4 teaspoon salt

Preheat oven to 450°F. Coat a large baking sheet with cooking spray.

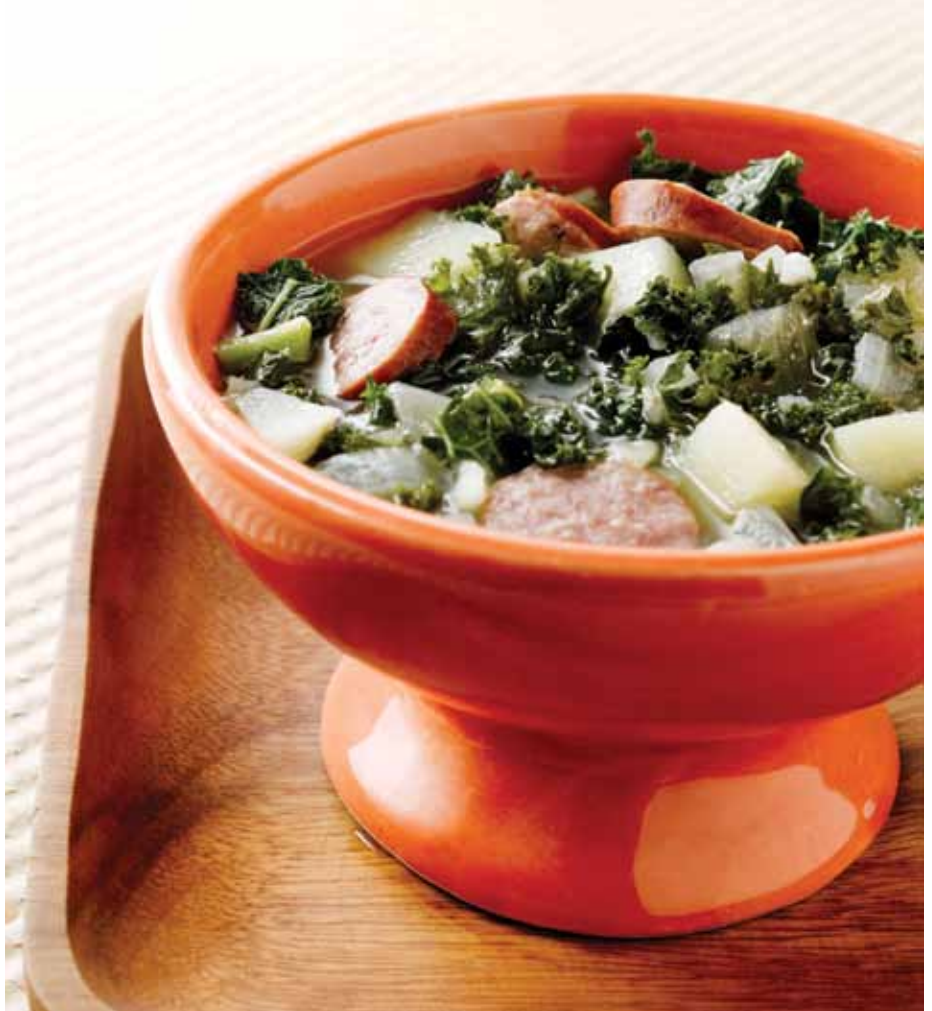
Scrub potatoes with vegetable brush under cold running water. Cut lengthwise into 1/2-inch wide sticks. In a large bowl, toss the potatoes with oil to coat sticks.

Nutritional Analysis per serving: 183 calories, 5 g protein, 31 g carbohydrates, 5 g fat, 1 g saturated fat (24% of calories from fat), 5 mg cholesterol, 2 g fiber, 218 mg sodium.

Caldo Verde Soup

This is a super soup! And it's a great way to get your family to eat kale – a very nutritious but not always popular green. You can get this full-meal soup on the table in half an hour, including cooking time.

Makes 4 servings



- 1 pound Washington Yukon Gold or white potatoes
- 4 cups low-sodium chicken broth
- 1 tablespoon extra virgin olive oil
- 1 cup chopped onion
- 4 cloves garlic, minced
- 8 ounces turkey kielbasa, cut into 1/4-inch thick slices
- 4 cups chopped fresh kale
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Nutritional Analysis per serving: 276 calories, 15 g protein, 34 g carbohydrates, 9 g fat, 2 g saturated fat (30% of calories from fat), 35 mg cholesterol, 3 g fiber, 685 mg sodium.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into 1/2-inch cubes. Set aside 1 cup of the potatoes to add later. Place remaining potatoes in large saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are very tender, about 12 to 15 minutes. Drain potatoes and return to saucepan. Add broth and mash until smooth. Set aside.

In a large saucepan or pot or Dutch oven over medium-high heat, heat the oil. Add onion, garlic and kielbasa. Cook, stirring occasionally, until the onions are soft, about 5 to 6 minutes. Stir in the potato/broth mixture and the remaining 1 cup diced potatoes. Heat to boiling, then, reduce heat to medium and simmer, uncovered, 10 minutes.

Stir in kale, cover and cook until tender, about 10 to 12 minutes. Stir in salt and pepper.



Classic Meatloaf

Meat and potatoes all in one dish. Stir up a double batch of this recipe and freeze one of the loaves for an on-hand easy supper for a busy night. And should you have any leftovers, meatloaf sandwiches are great to pack for lunches.

Makes 8 servings

- 12 ounces Washington Russet potatoes
- 1 teaspoon olive oil
- 1 cup chopped onion
- 3/4 cup chopped green bell pepper
- 3 garlic cloves, minced
- 2 pounds 93% lean ground beef
- 1 cup ketchup, divided
- 1/2 cup Italian seasoned breadcrumbs
- 2 egg whites
- 1 tablespoon prepared yellow mustard
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Preheat the oven to 400°F. Coat a large baking sheet with sides with cooking spray.

Scrub potatoes with a vegetable brush under cold running water. Peel. Cut into 1/2-inch cubes. Place potatoes in a large saucepan with enough cold water to cover. Over medium-high heat, heat to boiling. Reduce heat, cover and simmer until tender, 10 to 12 minutes. Drain. Place potatoes in large bowl and mash coarsely with a fork. Let cool 5 minutes.

Meanwhile, in large nonstick skillet over medium heat, heat oil. Add onion, bell pepper and garlic and cook, stirring often, until softened, about 5 to 6 minutes. Turn out of skillet into bowl with potatoes. Add beef, 1/2 cup of the ketchup, bread crumbs, egg whites, mustard, Worcestershire sauce, salt and pepper and mix well. On the prepared pan, shape the meat mixture into a loaf about 10 inches long, 5 inches tall and 5 inches wide. Spread top with remaining 1/2 cup ketchup.

Bake in the center of the oven 45 to 55 minutes, or until a thermometer inserted into the center of the meatloaf registers 175°F. Remove from the oven and let stand 10 minutes before slicing.

Nutritional Analysis per serving: 262 calories, 25 g protein, 23 g carbohydrates, 9 g fat, 4 g saturated fat (30% of calories from fat), 66 mg cholesterol, 2 g fiber, 698 mg sodium.

Cinnamon Breakfast Bread

Russet potatoes make this special-event bread moist and flavorful. Try it out for a special weekend breakfast or brunch. It's easy and the results are rewarding.

Makes 15 servings



For the dough:

- 3/4 pound Washington Russet potatoes
- 6 tablespoons unsalted butter
- 2/3 cup warm water (100°F-110°F)
- 1 packet active dry yeast
- 3/4 cup sugar
- 3/4 cup raisins
- 1 egg
- 1 tablespoon vanilla
- 1 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 3 cups all-purpose flour, divided

For the topping:

- 2 tablespoons unsalted butter, softened
- 3/4 cup packed light brown sugar
- 1 1/2 teaspoons ground cinnamon

Scrub potatoes with a vegetable brush under cold running water. Peel and cut into 1-inch pieces. Place in large saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are tender, about 10 to 12 minutes. Drain very well and turn potatoes into large bowl. Add butter and mash potatoes until smooth. Let stand about 5 minutes, to cool slightly.

Meanwhile, in small bowl combine water and yeast and let stand 5 minutes until frothy. Add the yeast mixture, sugar, raisins, egg, vanilla, salt and nutmeg to the potatoes. Stir until smooth. Add 2 3/4 cups of the flour and stir until a dough forms. Turn dough out onto lightly floured surface and knead, adding remaining 1/4 cup flour as needed to form a smooth and elastic dough. (You may need another 2 tablespoons or so of flour.) Coat a large bowl with cooking spray. Add dough, turning to coat all sides. Cover bowl with plastic wrap and let rise in a warm place (85°F) free of drafts, until doubled in bulk, about 1 1/2 to 2 hours. Punch the dough down.

Coat a 13-inch x 9-inch baking dish with cooking spray. Press dough evenly into baking dish. Cover with plastic wrap and let rise in warm place for 1 hour.

Preheat oven to 400°F.

Meanwhile, prepare the topping: In small bowl, mix together the softened butter, brown sugar and cinnamon until the butter is well incorporated. Sprinkle the mixture evenly over the top of the dough.

Bake in the center of oven 20 to 22 minutes or until well-browned. Let stand at least 10 minutes before cutting into squares to serve.

Nutritional Analysis per serving: 183 calories, 1 g protein, 31 g carbohydrates, 6 g fat, 4 g saturated fat (30% of calories from fat), 30 mg cholesterol, 1 g fiber, 165 mg sodium.



Bacon, Egg and Red Potato Skillet

Great for a weekend breakfast or a satisfying weeknight supper. The recipe is quick enough to fix that you could do two batches to feed four.

Makes 2 servings

- 8 ounces Washington red potatoes
- 4 slices 30% less fat center-cut bacon
- 1 cup sliced onion
- 1/2 teaspoon paprika
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup egg substitute
- 1/4 cup shredded reduced-fat sharp Cheddar cheese

Scrub potatoes with vegetable brush under cold running water. Cut into thin wedges. Place potatoes in medium saucepan with enough cold water to cover. Over medium-high heat, heat to boiling. Reduce heat to simmer, cover and cook until tender, about 8 to 10 minutes. Drain.

Chop 2 slices of the bacon. Heat a medium nonstick skillet over medium-high heat. Add the sliced and chopped bacon and cook until crisp, turning slices occasionally, about 5 to 6 minutes. Lift out bacon slices to paper towel and set aside. Add onion to the skillet with the chopped bacon and

cook, stirring occasionally, until starting to soften, about 2 minutes. Stir in the potatoes, paprika, salt and pepper. Cook until potatoes are lightly browned and tender, about 6 to 7 minutes. Keep warm over low heat.

Over medium-high heat, heat a small nonstick skillet. Add egg substitute, cook 1 minute, flip over and cook 1 to 2 minutes longer, until cooked through. Slide egg onto the potato mixture in the other skillet. Place skillet over medium-high heat. Sprinkle cheese over the egg, top with the bacon slices. Cover and cook until the cheese melts, about 1 minute.

Nutritional Analysis per serving: 223 calories, 16 g protein, 25 g carbohydrates, 7 g fat, 4 g saturated fat (28% of calories from fat), 25 mg cholesterol, 3 g fiber, 665 mg sodium.

Corn and Potato Chowder

A perfect meal-in-a-bowl for busy weeknights or special weekends. Should you have any chowder left over, save to heat in the a.m. and then put in a thermal container to carry for lunch. Just add some fruit or a salad and you've made a meal.

Makes 4 servings



- 4 slices 30% less fat center-cut bacon
- 1 1/2 cups chopped onion
- 1/2 cup chopped carrot
- 1 teaspoon chopped fresh thyme
- 2 cups frozen corn kernels
- 3 garlic cloves, minced
- 2 cups low-sodium chicken broth
- 12 ounces Washington red potatoes
- 3/4 cup half-and-half
- 1 (8.5-ounce) can cream-style corn
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Chop 2 slices of the bacon. Over medium-high heat, heat a large saucepan or Dutch oven. Add the sliced and chopped bacon and cook until crisp, turning slices occasionally, 5 to 6 minutes. Move sliced bacon to paper towel and set aside. Add onion, carrot and thyme to pan with the chopped bacon. Cook, stirring occasionally, until vegetables are softened, 6 to 7 minutes. Stir in the corn kernels and garlic. Cook 4 minutes.

Meanwhile, scrub potatoes with vegetable brush under cold running water. Cut into 1/2-inch cubes. Add potatoes, broth, half-and-half and cream-style corn to pan with onion mixture. Heat until simmering, then reduce heat to medium-low. Cover and simmer until the potatoes are tender, 12 to 14 minutes. Stir in salt and pepper. Carefully pour 2 cups of the potato mixture into blender and puree. Return puree to the pan and stir. Divide among 4 bowls. Crumble reserved 2 slices of bacon over each bowl.

Nutritional Analysis per serving: 279 calories, 10 g protein, 47 g carbohydrates, 8 g fat, 4 g saturated fat (25% of calories from fat), 24 mg cholesterol, 5 g fiber, 670 mg sodium.



Chicken and Potato Dumplings

Here is the ultimate in comfort food! Potato flakes (instant mashed potatoes from a box) make the dumplings practically fool-proof. Just remember not to lift the lid as they are cooking.

Makes 4 servings

- 2 teaspoons olive oil
- 1 pound skinless boneless chicken thighs, cut into 1-inch pieces
- 1 onion, chopped
- 3 ribs celery, cut into 1/2-inch thick slices
- 2 carrots, cut into 1/2-inch thick slices
- 1 parsnip, cut into 1/4-inch thick slices
- 1 teaspoon fresh thyme or 1/4 teaspoon dried
- 6 sprigs fresh parsley, chopped
- 5 cups low-sodium chicken broth
- 1 cup all-purpose flour
- 3/4 cup dehydrated potato flakes
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt, divided
- 1 cup nonfat milk
- 1/4 teaspoon black pepper

In an 8-quart saucepan or pot over medium-high heat, heat oil. Add chicken and cook, turning occasionally, until browned, about 4 minutes. Transfer chicken to a plate and set aside. Return the saucepan to the heat and stir in the onion, celery, parsnip, thyme and parsley. Cook, stirring occasionally, until vegetables are just starting to soften, about 3 minutes.

Add the reserved chicken and broth. Bring to boiling then reduce heat to medium-low, cover and simmer until chicken and vegetables are very tender, about 40 minutes.

Meanwhile, in medium bowl, combine flour, potato flakes, baking powder and 1/4 teaspoon of the salt. Add milk and stir until just moistened. Drop batter by 16 heaping teaspoons onto the broth mixture. Cover, return to a simmer and cook until dumpling are cooked through, 12 to 14 minutes. Remove from the heat and stir the remaining 1/2 teaspoon salt and pepper into the chicken mixture. Divide among 4 bowls. Garnish with additional chopped fresh parsley.

Nutritional Analysis per serving: 421 calories, 31 g protein, 47 g carbohydrates, 11 g fat, 3 g saturated fat (24% of calories from fat), 77 mg cholesterol, 4 g fiber, 746 mg sodium.



Country Breakfast Casserole

Nutritional Analysis per serving: 220 calories, 17 g protein, 16 g carbohydrates, 9 g fat, 3 g saturated fat (39% of calories from fat), 132 mg cholesterol, 1 g fiber, 436 mg sodium.

Frozen hash browns and already-cooked turkey sausage make this a speedy dish for a special breakfast or brunch or an any-night supper. It would also be great to carry to a pot luck.

Makes 6 servings

- 1 tablespoon olive oil, divided
- 5 cups frozen Washington hash brown potatoes (diced unseasoned)
- 1 cup chopped red onion
- 1 cup chopped red bell pepper
- 4 fully cooked turkey sausage patties, 60% less fat, chopped or 1 bag (9.6 ounces) cooked turkey sausage crumbles
- 6 egg whites
- 3 whole eggs
- 3/4 cup 2% milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 ounce shredded 50% less fat cheddar cheese

Preheat oven to 375°F. Coat an 11-inch x 7-inch or 9-inch square baking dish with cooking spray.

In large nonstick skillet over medium-high heat, heat 2 teaspoons of the oil. Add the potatoes and cook, stirring occasionally, until lightly browned and cooked through, about 10 to 12 minutes. Turn into a large bowl.

Return the skillet to the heat and add the remaining oil. Stir in onion, bell pepper and sausage. Cook, stirring occasionally, until sausage is browned, about 5 to 6 minutes. Add to the bowl with the potatoes and mix well. Turn into prepared baking dish.

In medium bowl, whisk together the egg whites, eggs, milk, salt and pepper. Pour egg mixture evenly over the potato mixture. Sprinkle top with cheese. Bake until eggs are set and cheese has melted, about 25 to 28 minutes.



Curried Potato and Pea Dosas

Take a quick, and tasty, trip to India with these roll ups. The journey is easy because you start with pre-made crepes (you'll find them in the produce section). Potatoes and curry are a popular combination in Asian foods. Try this recipe and you'll see why.

Makes 4 servings

- 1 pound Washington Russet potatoes
- 1 1/2 tablespoons olive oil
- 1 large sweet onion, chopped (about 1 1/2 cups)
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon ground cumin
- 1 cup frozen peas
- 3/8 teaspoon salt
- 1/4 cup chopped fresh basil
- 4 pre-cooked crepes

Optional Condiments:

Prepared Cilantro, Mint or Mango Chutney

Plain Nonfat yogurt

Scrub potatoes with vegetable brush under cold running water. Prick potatoes several times with a fork. Microwave on High until tender, about 8 to 9 minutes. Let cool 10 minutes. Peel potatoes. Cut into 1/2-inch cubes.

In large nonstick skillet over medium-high heat, heat oil. Add onion and cook, stirring occasionally, until lightly browned, about 5 to 6 minutes. Stir in the curry and cumin and cook and stir 1 minute. Add peas and cook until bright green, about 2 minutes. Add the potatoes and salt and cook, mashing potatoes slightly with a wooden spoon, for 2 minutes. Remove from the heat and stir in the basil.

Place 1 crepe on each of 4 plates. Top each with 1/4 of the potato mixture. Roll up jelly-roll style. Garnish with additional chopped basil and serve with optional condiments if desired.

Nutritional Analysis per serving: 337 calories, 8 g protein, 55 g carbohydrates, 10 g fat, 3 g saturated fat (27% of calories from fat), 5 mg cholesterol, 5 g fiber, 481 mg sodium.



Dijon Potato-Crusted Salmon

You can find potato-crusted salmon in the most elegant of restaurants. With this easy recipe, and potato flakes (from a box of instant mashed potatoes), you can find it in your own kitchen.

Makes 4 servings

- 4 tablespoons fat-free mayonnaise
- 2 tablespoons Dijon mustard
- 2 teaspoons grated lemon zest
- 4 (6-ounce) skinless wild Alaskan salmon fillets
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup dehydrated potato flakes
- 1 tablespoon olive oil
- Lemon wedges

In large bowl, combine the mayonnaise, mustard and lemon zest. Sprinkle salmon fillets with salt and pepper. Pour potato flakes onto a large plate.

Working with one fillet at a time, coat salmon with mayonnaise mixture and then with potato flakes, turning to coat both sides of fillets. Place each coated fillet on a clean plate and repeat with remaining fillets.

In large nonstick skillet over medium-high heat, heat oil. Add the salmon, rounded side down, and cook until golden, about 5 minutes. Carefully turn fillets over and cook until golden and fish flakes easily with a fork, about 5 minutes longer. Transfer salmon to serving plates and serve with lemon wedges.

Nutritional Analysis per serving: 307 calories, 35 g protein, 16 g carbohydrates, 10 g fat, 2 g saturated fat (31% of calories from fat), 81 mg cholesterol, 1 g fiber, 696 mg sodium.



Cod Cakes with Tartar Sauce

The Roasted Tomato Mashed Potatoes (see recipe on page 41) are so good you aren't likely to have a lot of leftovers, so mash up a double batch to set aside to make these savory cod cakes. The new Dietary Guidelines encourage us to eat more fish. Here's great way to get your family hooked. You could use 2 (7-ounce) cans tuna, drained and flaked, instead of the cod, if you wish.

Makes 4 servings

- 1/2 cup fat-free mayonnaise
- 3 tablespoons sweet pickle relish
- 2 tablespoons finely chopped shallots
- 1/4 teaspoon black pepper
- 1 pound skinless cod fillets
- 2 cups leftover Roasted Tomato Mashed Potatoes (or plain mashed potatoes)
- 1 egg white, slightly beaten
- 1/2 cup chopped green onion
- 3 tablespoons chopped parsley
- 4 teaspoons olive oil, divided

For tartar sauce, in small bowl, combine mayonnaise, relish, shallots and pepper. Cover and refrigerate until ready to use.

Fill a large skillet 2/3 full with water. Over medium-high heat, heat water to boiling. Add the cod fillets, reduce heat to medium and simmer, turning fillets occasionally, until fish flakes easily with a fork, about 8 to 10 minutes. Remove fish with slotted spoon and drain well. Transfer to a large bowl and break into smaller pieces. Add the Roasted Tomato Mashed Potatoes, egg white, green onion and parsley. Mix well.

Divide mixture into 8 portions. Pat each portion to a 1/2-inch-thick patty.

Preheat oven to 400°F. Coat a large baking sheet with cooking spray.

In a large nonstick skillet over medium-high heat, heat 2 teaspoons of the oil. Add 4 of the patties and cook until lightly golden, about 3 minutes per side. Transfer to the prepared baking sheet. Heat the remaining 2 teaspoons oil and repeat with remaining 4 patties. Bake patties until heated through, about 10 minutes.

Serve with the tartar sauce.

Nutritional Analysis per serving: 278 calories, 22 g protein, 26 g carbohydrates, 10 g fat, 3 g saturated fat (32% of calories from fat), 55 mg cholesterol, 2 g fiber, 577 mg sodium.



Gnocchi Bolognese

Here's how to make Gnocchi (potato dumplings) just like an Italian grandmother. Another time, make the Gnocchi and serve with pesto, or brown some butter with fresh sage leaves.

Makes 6 servings

1 1/2 pounds Washington Russet potatoes

Bolognese Sauce

1 cup all-purpose flour

1/2 teaspoon salt

2 egg yolks

1/4 cup grated Parmesan cheese

Preheat oven to 400°F.

Scrub potatoes with vegetable brush under cold running water. Prick potatoes with fork in several places. Place on a baking sheet and bake until tender when pierced with a fork, about 1 hour. Cool 10 minutes. Peel potatoes and while still warm shred potatoes on a box grater over a rimmed baking sheet. Spread potatoes out and cool completely.

Meanwhile, prepare **Bolognese Sauce** and keep warm.

When potatoes are cooled, in a large bowl combine potatoes, flour and salt and toss well to coat potatoes with flour. Add egg yolks and stir with fingers or a fork until evenly moistened. Turn mixture out onto a lightly floured surface and knead several times to form a dough. Divide dough into 4 equal portions. Roll each piece with your palms on a work surface to form a rope about 1/2-inch in diameter. Cut each rope into 1/2-inch pieces.

Hold the tines of a fork at a 45-degree angle to the table with the concave part facing up. Dip the tip of your thumb in flour. Take one piece of dough and with the tip of your thumb, press the dough lightly against the tines of the fork as you roll it downward toward the tips of the tines. As the dough wraps around the tip of your thumb, it will form into a dumpling with a deep indentation on one side and a ridged surface on the other. Repeat with remaining pieces.

Over high heat, bring a large pot of lightly salted water to a boil. In batches, add gnocchi to the pot and cook until gnocchi rise to the surface. Carefully remove with a slotted spoon and transfer to serving bowls. Serve with **Bolognese Sauce** and sprinkle each bowl with 1 tablespoon cheese.

Bolognese Sauce

- 2 teaspoons extra virgin olive oil
- 1 pound 93% lean ground beef
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 teaspoon dried basil
- 2 (14.5-ounce) cans petite diced tomatoes
- 1/4 cup tomato paste
- 1/4 teaspoon salt

In large nonstick skillet over medium-high heat, heat oil. Add the beef and cook, breaking into smaller pieces with a wooden spoon, until no longer pink and any liquid evaporates, about 6 minutes. Stir in onion, garlic and basil. Cook, stirring occasionally, 2 minutes. Add the tomatoes and tomato paste. Bring to boiling, then reduce heat to medium and simmer until thickened, about 15 minutes. Stir in salt.

Nutritional Analysis per serving: 360 calories, 23 g protein, 47 g carbohydrates, 10 g fat, 4 g saturated fat (24% of calories from fat), 108 mg cholesterol, 4 g fiber, 673 mg sodium.

Store potatoes
in a cool, dark,
dry place, not the
refrigerator.



Tomato, Herb and Potato Focaccia

Take just a little extra time some weekend to stir up this savory bread, then serve with a hearty salad or soup for a special feast. Demand for the bread will be great but try to set aside a few pieces for lunch or a snack.

Makes 12 servings

- 12 ounces Washington Russet potatoes
- 3 cups all-purpose flour
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons chopped fresh thyme
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 cup warm water (100°F-110°F)
- 1 packet active dry yeast
- 1 teaspoon sugar
- 3 tablespoons extra virgin olive oil, divided
- 1 cup grape or small cherry tomatoes, halved
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon coarse salt

Nutritional Analysis per serving: 178 calories, 5 g protein, 30 g carbohydrates, 4 g fat, 1 g saturated fat (21% of calories from fat), 1 mg cholesterol, 2 g fiber, 258 mg sodium.

Potatoes may discolor slightly after they are peeled. To prevent peeled potatoes from discoloring, keep them covered with cold water until ready for the next step.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into 1-inch pieces. Place in medium saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are tender, about 12 to 15 minutes. Drain very well. Return potatoes to pan and mash. Let stand a few minutes to cool.

While potatoes cook, in large bowl combine flour, rosemary, thyme, basil, oregano and salt. Mix well. In small bowl, stir together water, yeast and sugar. Add 2 tablespoons of the oil and let stand until frothy, about 5 minutes.

Pour yeast mixture into the saucepan with the potatoes and mix until smooth. Pour potato mixture into the flour mixture and stir until mixture comes together to form a soft dough. Add a tablespoon or two of additional flour, if needed. Turn out onto lightly floured surface and knead until the dough is smooth and elastic, about 5 to 6 minutes (or mix on mixer with a dough hook). Coat a large bowl with cooking spray. Add the dough, turning to coat all sides. Cover with plastic wrap and let rise in a warm place (about 85°F) free from drafts until doubled in size.

Preheat oven to 425°F. Coat a 15-inch x 10-inch jellyroll pan with cooking spray.

Turn the dough out onto the prepared pan and gently press to fit. Cover with plastic wrap and let rise in warm place 30 minutes.

Gently brush top of dough with the remaining 1 tablespoon oil. Top with tomatoes, cut side down, then sprinkle with cheese and coarse salt. Bake 20 to 22 minutes or until golden. Remove from the oven and transfer to a wire rack. Let cool at least 10 minutes before cutting. Serve warm or at room temperature.



Ham and Swiss Casserole

Grandma called these scalloped potatoes. But hers took longer to fix and probably had a lot more calories. Remember this recipe for your next pot luck supper.

Makes 4 servings

- 1 tablespoon olive oil
- 1 sweet onion, chopped
- 2 cups nonfat milk
- 3 tablespoons all-purpose flour
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (20-ounce) bag refrigerated sliced home-style potatoes*
- 4 ounces deli sliced ham, torn into small pieces
- 4 ounces reduced-fat Swiss cheese, chopped

Preheat oven to 350°F. Coat a 9-inch square baking pan or dish with cooking spray.

In medium saucepan over medium heat, heat oil. Add onion and cook, stirring occasionally, until softened, about 6 minutes. Whisk in milk, flour, nutmeg, salt and pepper and cook and stir until mixture thickens and begins to boil, about 7 minutes. Remove from heat.

Over bottom of the prepared baking pan, arrange half the potatoes in a slightly overlapping layer. Sprinkle evenly with ham and 1/2 of the cheese. Pour 1/2 of the milk mixture evenly over the cheese. Layer remaining potatoes. Pour remaining milk mixture over and sprinkle with the remaining cheese. Cover with foil.

Bake 40 minutes, uncover and bake 20 to 25 minutes longer or until the top is lightly browned and the potatoes are tender. Let stand 10 minutes before serving.

*If you can't find the refrigerated sliced potatoes in your market, scrub, peel and slice 1 1/2 pounds Washington Russet potatoes. Place in large saucepan with cold water to cover. Heat to boiling, then reduce heat to simmer and simmer about 4 minutes, or until potatoes are just barely tender. Drain well.

Nutritional Analysis per serving: 345 calories, 22 g protein, 44 g carbohydrates, 10 g fat, 4 g saturated fat (25% of calories from fat), 28 mg cholesterol, 3 g fiber, 601 mg sodium.



Potato, Ham and Caramelized Onion Calzones

Here's a hand-held feast that's easy to assemble. Use refrigerated pizza dough from a tube, frozen or refrigerated pizza dough or just pick up a pound of dough from your favorite pizzeria.

Makes 6 servings

- 8 ounces Washington Russet potatoes
- 5 teaspoons extra virgin olive oil, divided
- 2 cups thin-sliced onion
- 1 tablespoon sugar
- 1 teaspoon dried basil
- 3 ounces deli sliced ham, chopped
- 3/4 cup fat-free ricotta cheese
- 3/4 cup shredded reduced-fat mozzarella cheese
- 1 (15-ounce) tube refrigerated pizza dough or 1 pound refrigerated or thawed frozen pizza dough.

Preheat oven to 425°F. Coat a large baking sheet with cooking spray.

Scrub potatoes with vegetable brush under cold running water. Peel. Using box grater or shredding blade of food processor, shred potatoes. Turn out on paper towels and press to remove excess moisture.

In a large nonstick skillet over medium heat, heat 2 teaspoons of the oil. Add the onion, sugar and basil. Cook, stirring occasionally, until golden, about 12 to 14 minutes. Transfer onions to a large bowl.

Return skillet to heat, add the remaining 3 teaspoons oil and increase heat to medium-high. Add potatoes and ham. Cook, stirring occasionally, until lightly browned, 8 to 10 minutes. Stir into onion mixture in bowl and let cool 5 minutes. Stir in ricotta cheese and mozzarella cheese.

Divide pizza dough in half. On a lightly floured surface, stretch or roll each dough half into a 9- to 10-inch circle. Spread half of the potato mixture over one half of each circle. Fold plain dough halves over filling, forming half circles. Pinch edges of dough firmly together to seal. Transfer calzones to prepared baking sheet. Bake 22 to 25 minutes, until golden brown. Cool 5 minutes. Transfer to a cutting board and cut each calzone crosswise into 3 pieces.

Nutritional Analysis per serving: 312 calories, 16 g protein, 45 g carbohydrates, 9 g fat, 2 g saturated fat (25% of calories from fat), 16 mg cholesterol, 2 g fiber, 483 mg sodium.



Oven Crisps with Ranch Dip

Here's how to get your chip fix for very few calories. For the crispiest crisps, slice the potatoes with a mandoline or other kitchen slicer. If you have a wide oven you can bake two pansful at a time. Otherwise roast the crisps in two batches.

Makes 6 servings

- 1 pound Washington Russet potatoes
- 4 teaspoons olive oil
- 1/3 cup light sour cream
- 3 tablespoons low-fat buttermilk
- 1 teaspoon distilled white vinegar
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt, divided

Preheat oven to 400°F. Place two baking sheets (or one large sheet) in oven to preheat.

Scrub potatoes with vegetable brush under cold running water. With mandoline slicer or food processor slicing blade, thinly slice potatoes. Pat potato slices dry with paper towels. In large bowl toss potato slices gently with the olive oil.

Remove hot baking sheets from the oven, coat with cooking spray. Arrange half the potato slices in a single layer on baking sheets. Bake 9 minutes. Turn potato slices and bake until golden, about 5 minutes longer. Repeat with remaining potatoes if necessary. Sprinkle with 1/4 teaspoon salt.

While potatoes are baking, in small bowl, combine sour cream, buttermilk, vinegar, garlic powder and 1/4 teaspoon of the salt in a small bowl. Cover and refrigerate until ready to use.

Toss baked potato crisps with salt. Serve with sour cream mixture for dipping.

Nutritional Analysis per serving: 106 calories, 2 g protein, 16 g carbohydrates, 4 g fat, 1 g saturated fat (33% of calories from fat), 5 mg cholesterol, 1 g fiber, 219 mg sodium.



Sausage and Peppers Sauté

Here's an easy one-dish meal with lots of color and flavor. You need only add some fruit or a salad to make a meal.

Makes 4 servings

- 12 ounces Washington red potatoes
- 4 sweet Italian turkey sausages (12 ounces total)
- 1 teaspoon extra virgin olive oil
- 1 large onion, thinly sliced
- 1 teaspoon sugar
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 medium red bell pepper, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 3 garlic cloves, thinly sliced
- 1/2 cup low-sodium chicken broth
- 2 teaspoons balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Scrub potatoes with vegetable brush under cold running water. Cut each potato into 8 wedges. Place in large saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are tender, about 10 to 12 minutes. Drain.

In small nonstick skillet over medium-high heat, cook the sausages with 1/2 cup water, turning sausages occasionally, until the water evaporates. Reduce heat to medium and cook until sausages are browned and cooked through, about 12 to 14 minutes. Cool 5 minutes. Cut into 1/2-inch thick slices.

Meanwhile, in a large nonstick skillet over medium-high heat, heat the oil. Add onions, sugar, basil and oregano and cook, stirring occasionally, until onion is slightly softened, about 4 to 5 minutes. Stir in the bell peppers and cook until crisp-tender, about 5 minutes. Add the garlic and cook until starting to brown, about 1 minute. Pour in the broth, bring to boiling and cook until liquid evaporates, about 2 minutes. Stir in the potatoes, sausage, vinegar, salt and pepper. Cook, stirring frequently, 3 minutes.

Nutritional Analysis per serving: 234 calories, 16 g protein, 22 g carbohydrates, 9 g fat, 2 g saturated (35% of calories from fat), 47 mg cholesterol, 3 g fiber, 614 mg sodium.



Using frozen and chilled potato products cuts down on preparation times.

Meaty Potato Lasagna

Potato slices from a bag are the basis of this great lasagna. Perfect for a crowd, but if it's just family, they'll enjoy the leftovers another day.

Makes 8 servings

- 6 slices 30% less fat center-cut bacon, cut into 1/2-inch pieces
- 8 ounces 93% lean ground beef
- 1 onion, chopped
- 3 garlic cloves, minced
- 3 cups bottled marinara sauce, such as Healthy Choice, divided
- 2 (20-ounce) bags refrigerated home-style sliced potatoes, divided*
- 1 (15-ounce) container fat-free ricotta cheese
- 1 1/2 cups (6 ounces) shredded reduced-fat mozzarella cheese, divided
- 1/2 cup grated Parmesan cheese, divided
- 1 egg

Preheat oven to 400°F. Coat a 13-inch by 9-inch baking pan with cooking spray.

Over medium-high heat, heat large nonstick skillet. Add bacon and cook until just starting to brown, about 5 minutes. Stir in beef and cook, breaking into smaller pieces with a wooden spoon, until no longer pink, about 4 minutes. Add onion and garlic and cook until beef starts to brown, about 4 minutes. Remove from the heat and stir in 1 cup of the marinara sauce.

Spread 1/2 cup of the marinara sauce over bottom of prepared baking pan. Top with 1/3 of the potatoes, slightly overlapping slices. In medium bowl, stir the ricotta cheese, 1 cup of the mozzarella, 1/4 cup of the Parmesan cheese and egg together. Spread ricotta mixture over potato layer. Top with another 1/2 cup of the sauce and a second layer of potatoes. Top with the bacon/beef mixture. Arrange a final layer of potatoes. Top with remaining 1 cup sauce. Sprinkle with remaining 1/2 cup mozzarella and 1/4 cup Parmesan cheese.

Cover with foil. Bake 1 hour. Uncover and bake 10 minutes longer or until cheese is lightly browned and potatoes are tender. Remove from the oven and let stand 10 minutes before serving.

*If you can't find the refrigerated sliced potatoes in your market, scrub, peel and slice 2 pounds Washington Russet potatoes. Place in large saucepan with cold water to cover. Heat to boiling, then reduce heat to simmer and simmer about 4 minutes, or until potatoes are just barely tender. Drain well.

Nutritional Analysis per serving: 329 calories, 27 g protein, 38 g carbohydrates, 9 g fat, 5 g saturated fat (23% of calories from fat), 65 mg cholesterol, 4 g fiber, 719 mg sodium.



Mussels with Potatoes, Chorizo and Cilantro

Wedges of small red potatoes absorb the spicy garlic/chorizo flavors and are a perfect accompaniment to mussels. If you've never tried mussels before, this is a perfect starter recipe.

Makes 2 servings

- 1/2 pound Washington small red potatoes
- 1 cured chorizo sausage, about 1 1/2 ounces, diced
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 (8-ounce) bottle clam juice
- 1/2 cup water
- 48 mussels (about 2 pounds) scrubbed and de-bearded
- 3 tablespoons chopped fresh cilantro

Scrub potatoes with vegetable brush under cold running water. Cut each potato into 8 wedges.

Over medium-high heat, heat a large saucepan or pot or Dutch oven. Add the chorizo and cook, stirring occasionally, until lightly browned, about 2 to 3 minutes. Stir in the onion and garlic and cook 1 minute. Add the potato wedges, clam juice and water. Bring to boiling, cover and cook 8 minutes or until potatoes are almost tender. Add mussels, cover, return to a boil and cook until the mussels open, about 3 to 4 minutes. Discard any mussels that do not open. Stir in cilantro.

Nutritional Analysis per serving: 380 calories, 35 g protein, 35 g carbohydrates, 11 g fat, 3 g saturated fat (26% of calories from fat), 80 mg cholesterol, 3 g fiber, 856 mg sodium.



Pork and Potato Stir-Fry

There's almost nothing faster than a stir-fry and this savory dish puts meat and potatoes into a whole new category

Makes 4 servings

- 1 pound pork tenderloin, cut into thin slices
- 2 tablespoons oyster sauce, divided
- 2 teaspoons sugar
- 4 teaspoons reduced-sodium soy sauce
- 1/2 cup reduced-sodium chicken broth
- 1 teaspoon cornstarch
- 1/2 pound Washington Russet potatoes
- 5 teaspoons canola oil, divided
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, minced
- 1/2 cup chopped green onions

In medium bowl, combine pork slices, 1 tablespoon of the oyster sauce and sugar. Let stand 15 minutes. In small bowl, combine the remaining oyster sauce, soy sauce, chicken broth and cornstarch. Set aside.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into thin slices. In large nonstick skillet over medium-high heat, heat 1 tablespoon of the oil. Add potatoes and cook, turning occasionally, until lightly browned and tender, about 6 to 7 minutes. Transfer to a plate and set aside.

Return skillet to the heat and add the remaining 2 teaspoons oil. Add pork, ginger, and garlic and cook, stirring frequently, until pork is lightly browned, about 3 minutes. Add potatoes and green onions, cook 1 minute. Pour in the broth mixture, bring to boiling and cook until sauce is thickened and pork is cooked through, about 1 minute.

Nutritional Analysis per serving: 254 calories, 26 g protein, 17 g carbohydrates, 1 g fat, 1 g saturated fat (30% of calories from fat), 74 mg cholesterol, 1 g fiber, 726 mg sodium.

Potato and Tuna Salad

Pick up some smoked paprika to add to your spice repertoire. It adds special flavor to this full-meal salad, reminiscent of the famous Salade Niçoise. A word about new potatoes – technically they are the first potatoes harvested, are usually small, with very tender peels and very sweet. Since new potatoes are available only at the beginning of the harvest season in the fall, you can use small potatoes of any variety. We show little red potatoes here.



Makes 4 servings

- 1 pound Washington new potatoes
- 12 ounces sugar snap peas
- 1 (5-ounce) can solid-pack tuna in water, drained
- 1 cup grape or small cherry tomatoes, halved
- 1/2 cup thinly sliced red onion
- 2 teaspoons drained nonpareil capers
- 2 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups mixed spring greens

Scrub potatoes with vegetable brush under cold running water. Cut each potato into quarters. Place in medium or large saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are tender, about 12 minutes. Add sugar snap peas. Return to boiling and cook 1 minute. Drain and let stand 5 minutes.

In large bowl, combine potatoes, peas, tuna, tomatoes, onion and capers. In small bowl, whisk together vinegar, oil, paprika, salt and pepper. Pour over potatoes and peas and toss gently to coat. To serve, mound 1 cup of greens on each of 4 plates. Top each plate with 1/4 of the potato mixture.

Nutritional Analysis per serving: 241 calories, 12 g protein, 29 g carbohydrates, 8 g fat, 1 g saturated fat, (31% of calories from fat), 12 mg cholesterol, 5 g fiber, 463 mg sodium.



Potato Rosti

Think of this Swiss favorite as a big potato pancake. If you wish, top with applesauce or sliced sautéed apples. It's great for a brunch or supper.

Makes 4 servings

- 1 1/4 pounds Washington Russet potatoes
- 1/2 sweet onion, grated
- 2 tablespoons all-purpose flour
- 1/2 teaspoon chopped fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 teaspoons olive oil, divided
- 1 tablespoon unsalted butter, divided
- 1/4 cup fat-free sour cream

Scrub potatoes with vegetable brush under cold running water. Peel potatoes. Shred on box grater or with shredding blade of food processor. Take a handful of potatoes and squeeze to remove excess liquid. Place in large bowl. Repeat with remaining potatoes. Stir in onion, flour, thyme, salt and pepper.

Over medium heat, heat a 10-inch skillet. Add 2 teaspoons of the oil and 1 1/2 teaspoons of the butter and heat until butter melts and foams. Add potato mixture, spreading evenly in the pan, pressing down with a spatula to form a disk. Cook until the bottom is golden brown, about 11 to 12 minutes. Carefully slide the rosti onto a plate. Invert a second plate over the rosti and flip over so that the browned side is now on top. Return skillet to the heat. Add remaining 2 teaspoons oil and 1 1/2 teaspoons butter and heat until melted. Slide the rosti back into the skillet and cook until the second side is golden brown and crisp, about 6 to 7 minutes longer.

Slide rosti out of pan onto serving plate or cutting board. Cut into 4 wedges. Top with sour cream to serve.

Nutritional Analysis per serving: 220 calories, 5 g protein, 34 g carbohydrates, 8 g fat, 3 g saturated fat (32% of calories from fat), 9 mg cholesterol, 2 g fiber, 313 mg sodium.



Potato, Corn, Black Bean and Jalapeño Quesadillas

Satisfying quesadillas ready in less than 20 minutes, including cooking the potatoes. Add this recipe to your weeknight supper special list.

Makes 4 servings

- 1/2 pound Washington Russet potatoes
- 1 tablespoon olive oil
- 2 red onions, thinly sliced (about 2 cups)
- 1 jalapeño pepper, seeded and chopped
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 cup fresh or thawed frozen corn kernels
- 1 cup no-salt-added canned black beans, drained and rinsed
- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon salt
- 4 (7-inch) flour tortillas
- 1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese

Scrub potatoes with vegetable brush under cold running water. Peel and thinly slice. Place in 3-quart saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium-high, cover and simmer until tender, about 8 minutes. Drain.

In large nonstick skillet over medium high heat, heat oil. Add onion, jalapeño and cumin. Cook, stirring occasionally, until lightly browned, about 5 to 6 minutes. Stir in corn and cook 2 minutes. Remove from heat and stir in potatoes, beans, cilantro and salt.

Place tortillas on cutting board. Top half of each tortilla with 2 tablespoons of the cheese, 1/4 of the potato mixture and 2 tablespoons of remaining cheese. Fold plain half of each tortilla over the filling to form a semi-circle. Repeat for remaining tortillas.

Wipe out the skillet and heat over medium-heat. Add 2 quesadillas and cook, turning once, until browned, cheese has melted and filling is hot, about 5 to 6 minutes. Transfer to a cutting board and repeat with remaining 2 quesadillas. Cut each quesadilla in half and serve.

Nutritional Analysis per serving: 388 calories, 17 g protein, 52 g carbohydrates, 13 g fat, 5 g saturated fat, (31% of calories from fat), 20 mg cholesterol, 7 g fiber, 673 mg sodium.

To peel or not it's up to you. Potato peel has fiber, so leave it on for extra taste, texture and health.



Potato, Zucchini and Mushroom Frittata

A frittata is the easiest of omelets because there's no turning – part of the cooking is top of the stove and it finishes in the oven. Another great thing about frittatas is that you can make them with dibs and dabs of leftovers. Along with potatoes, try green beans or corn or remnants of roast beef, pork or poultry.

Makes 4 servings

- 3/4 pound Washington Russet potatoes
- 1 1/2 tablespoons extra virgin olive oil, divided
- 1 (8-ounce) package sliced mushrooms
- 3/4 cup diced zucchini
- 1/3 cup chopped red bell pepper
- 2 garlic cloves, minced
- 2 cups egg substitute
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon black pepper

Preheat oven to 400°F.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into 1/2-inch cubes. Place in 3-quart saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium-high and cook until potatoes are tender, about 8 to 10 minutes. Drain.

In large nonstick skillet over medium-high heat, heat 1 tablespoon of the oil. Add mushrooms and cook, stirring occasionally, until browned, about 6 to 7 minutes. Stir in zucchini, bell pepper and garlic and cook until crisp tender, about 4 minutes. Add potatoes and remove from the heat.

Over medium-high heat, heat the remaining 1 1/2 teaspoons oil in 10-inch nonstick skillet with oven proof handle*. Add the potato mixture and cook 1 minute. In small bowl, combine the egg substitute, cheese, and pepper. Pour over vegetables in skillet and stir to combine. Reduce heat to medium

and cook until almost set, about 10 minutes. Transfer to the oven and bake until cooked through, about 10 to 12 minutes longer. Remove from the oven let stand 5 minutes. Cut into wedges to serve.

Nutritional Analysis per serving: 226 calories, 19 g protein, 22 g carbohydrates, 8 g fat, 2 g saturated fat (30% of calories from fat), 6 mg cholesterol, 2 g fiber, 652 mg sodium.

* To ovenproof handle, wrap with aluminum foil.

Outside greening (from exposure to light) or small sprouts ("peeps") can be safely cut away from fresh potatoes.

Roasted Chicken with Potatoes, Fennel and Onions

Easy, full of flavor and not the same-old roast chicken, this recipe takes only about 40 minutes from the time you slice the onions until it's ready to go on the table, and that includes 30 minutes of roasting time.



Makes 4 servings

- 1 pound Washington red potatoes
- 1 large fennel bulb, cored and cut into 1/4-inch thick wedges (save tops for garnish)
- 2 red onions, thickly sliced
- 12 garlic cloves, peeled and halved
- 4 chicken thighs, about 1 1/2 pounds
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 1/2 teaspoon fennel seeds, crushed
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.

Scrub potatoes with vegetable brush under cold running water. Cut into 1/4-inch thick wedges and transfer to a large bowl. Add the fennel, onions, garlic, chicken, oil, rosemary, fennel seeds, salt and pepper and toss to mix. Lift out chicken and set aside.

Arrange potato mixture evenly on the prepared baking sheet. Arrange chicken on top of the potato mixture. Roast 30 minutes. Remove from oven, stir the vegetables. Return to oven and cook until vegetables are browned and tender and an instant-read thermometer inserted into the thickest portion of the thigh registers 175°F, about 20 minutes longer. Discard chicken skin before serving.

Nutritional Analysis per serving: 325 calories, 24 g protein, 33 g carbohydrates, 12 g fat, 3 g saturated fat, (31% of calories from fat), 69 mg cholesterol, 6 g fiber, 562 mg sodium.



Roasted Fingerling Potatoes with Caesar Mayonnaise

These roasted potatoes are a great side dish but also a superb out-of-hand snack for any event. Set out a platter of potatoes and special dip and watch them disappear. You'll need to be prepared to share the easy, easy recipe. It's not likely you'll have any leftovers, but just in case, they taste great cold.

Makes 6 servings

- 2 pounds Washington fingerling potatoes
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/3 cup light mayonnaise
- 4 teaspoons grated Parmesan cheese
- 1 1/2 teaspoons fresh lemon juice
- 1/2 small garlic clove, mashed to a paste
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon Dijon mustard
- 1/8 teaspoon black pepper

Preheat oven to 450°F. Coat large baking sheet with cooking spray.

Scrub potatoes with a vegetable brush under cold running water. Pat dry with paper towels. In large bowl toss potatoes with oil and salt. Arrange in a single layer on prepared baking sheet. Roast until potatoes are tender, shaking pan occasionally to turn potatoes, about 28 to 30 minutes.

Meanwhile, in small bowl, combine the mayonnaise, cheese, lemon juice, garlic, Worcestershire sauce, mustard and black pepper.

Serve potatoes with dip, either warm or at room temperature.

Nutritional Analysis per serving: 171 calories, 3 g protein, 5 g carbohydrates, 7 g fat, 1 g saturated fat (34% of calories from fat), 5 mg cholesterol, 3 g fiber, 240 mg sodium.

Roasted Garlic and Rosemary Topped-Potatoes Shepherd's Pie

Shepherd's pie is a favorite in England. This fancied up version is easy and full of flavor. See the recipe for Roasted Garlic and Rosemary Mashed Potatoes on page 42.

Makes 6 servings



- 1 pound 93% lean ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1/2 cup red wine
- 1 cup grape or small cherry tomatoes, halved
- 1 (10-ounce) package frozen peas and carrots
- 1 cup low-sodium beef broth
- 1/4 cup tomato paste
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 cups Roasted Garlic and Rosemary Mashed Potatoes

Preheat oven to 350°F. Coat a 1 1/2-quart baking dish with cooking spray.

Over medium high heat, heat a large nonstick skillet. Add beef and cook, breaking into smaller pieces with a wooden spoon, until browned, about 7 to 8 minutes. Spoon beef into a large bowl and set aside. Return skillet to heat and add onion, garlic and basil. Cook, stirring occasionally, until the onion begins to soften, about 2 minutes. Add wine and tomatoes and cook until mixture is slightly thickened, about 2 minutes. Stir in peas and carrots and cook until thawed, about 2 minutes. Stir in broth and tomato paste. Cook until thickened, about 1 minute. Remove from heat. Stir in beef, salt, and pepper. Turn into prepared baking dish. Spread Roasted Garlic and Rosemary Mashed Potatoes evenly over top of beef mixture.

Bake until the filling is bubbling up around the edges of the baking dish, about 20 minutes. Switch oven to Broil and broil until top is lightly browned, about 1 to 2 minutes. Let stand 5 minutes before serving.

Nutritional Analysis per serving: 330 calories, 21 g protein, 35 g carbohydrates, 12 g fat, 4 g saturated fat (31% of calories from fat), 46 mg cholesterol, 5 g fiber, 433 mg sodium.



Roasted Many-Potato Salad

Pick several different colors of potatoes for this simple salad. Go for similar sizes, for even cooking. Count on this colorful and unique salad to highlight a special meal. You may find bags of mixed colored potatoes in your produce section.

Makes 8 servings

- 2 pounds mixed purple, red and yellow Washington potatoes
- 2 tablespoons extra virgin olive oil, divided
- 4 slices 30% less fat center-cut bacon, chopped
- 1 cup chopped white onion
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 1 jalapeño pepper, chopped
- 1 teaspoon ground cumin
- 1/2 cup chopped green onions
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt

Preheat oven to 450°F. Coat a large baking sheet with cooking spray.

Scrub potatoes with a vegetable brush under cold running water. Cut each potato into quarters. In large bowl toss potatoes with 1 tablespoon of the oil. Arrange potato quarters in single layer on prepared baking sheet. Roast until potatoes are browned and tender but still hold their shape, about 18 to 20 minutes, turning once during roasting time. Place in large bowl.

While potatoes are roasting, heat a large nonstick skillet over medium-high heat. Add the bacon and cook, stirring occasionally, until starting to brown, about 4 to 5 minutes. Stir in the onion and cook 2 minutes. Add the bell peppers, jalapeño, and cumin. Cook, stirring occasionally, until peppers

are crisp-tender, about 4 to 5 minutes. Add to the bowl with the potatoes. Add remaining 1 tablespoon oil, green onions, cilantro, lime juice and salt to potatoes. Toss to mix. Serve warm or at room temperature.

Nutritional Analysis per serving: 150 calories, 4 g protein, 23 g carbohydrates, 6 g fat, 1 g saturated fat (28% of calories from fat), 4 mg cholesterol, 3 g fiber, 295 mg sodium.



Spicy Roasted Potato Wedges

Only 30 minutes (including baking time) and you've a company-worthy side dish. You could also use Yukon Gold potatoes from Washington state.

Makes 4 servings

- 1 1/4 pounds Washington red potatoes
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper

Preheat oven to 425°F. Coat a large baking sheet with cooking spray.

Scrub potatoes with a vegetable brush under cold running water. Cut each potato into 8 wedges. In large bowl stir potatoes with oil to coat potato pieces.

Arrange potatoes in single layer on prepared baking sheet. Bake 15 minutes. Turn potatoes and bake until browned and crisp, about 10 to 12 minutes longer. Place potatoes in large bowl. Add the cumin, coriander, paprika, salt and cayenne pepper. Toss well to coat.

Nutritional Analysis per serving: 133 calories, 3 g protein, 23 g carbohydrates, 4 g fat, 1 g saturated fat (25% of calories from fat), 0 mg cholesterol, 3 g fiber, 155 mg sodium.

Washington state produces more potatoes on an acre than any place on earth.



Roasted Tomato Mashed Potatoes

This rich and rosy variation on mashed potatoes could soon become part of your repertoire.

Makes 6 servings

- 4 plum tomatoes, about 8 ounces, halved lengthwise
- 1/2 teaspoon olive oil
- 2 pounds Washington Russet potatoes
- 1/4 cup nonfat milk
- 3 tablespoons unsalted butter
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Preheat oven to 300°F. Coat a baking sheet with cooking spray. On prepared baking sheet, arrange tomato halves, cut side up. Bake in center of the oven until tomatoes are very soft and just hold their shape, about 1 hour. Let cool 5 minutes then transfer to a food processor or blender. Add olive oil and puree. Set aside.

Meanwhile, scrub potatoes with a vegetable brush under cold running water. Peel. Cut into 1-inch pieces. Place potatoes in medium saucepan and add enough cold water to cover. Over medium high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are very tender, about 12 to 15 minutes. Drain. Return potatoes to saucepan and add tomato mixture, milk, butter, salt and pepper. Mash until smooth.

Nutritional Analysis per serving: 183 calories, 4 g protein, 29 g carbohydrates, 6 g fat, 4 g saturated fat (29% of calories from fat), 15 mg cholesterol, 2 g fiber, 208 mg sodium.

Roasted Garlic and Rosemary Mashed Potatoes

This could become your go-to mashed potato recipe. Lots and lots of flavor but not very many calories.

Makes 8 servings



- 2 pounds Washington Russet potatoes
- 1 head garlic cloves
- 3/4 cup 2% milk
- 3 tablespoons extra virgin olive oil
- 2 teaspoons very finely chopped fresh rosemary
- 3/4 teaspoon salt
- 1/4 teaspoon white pepper

Preheat oven to 400°F.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into 1-inch cubes. Place in large saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are very tender, about 18 to 20 minutes. Drain.

While potatoes are cooking, cut the top third off the garlic head. Wrap garlic head in foil and bake until very tender, 45 minutes. Remove from oven and let cool 10 minutes. Squeeze garlic from skins into a small bowl and mash with a fork. Set aside.

Return potatoes to saucepan and mash with until smooth. Whisk together the reserved garlic, milk, oil, rosemary, salt and pepper. Stir into potatoes until blended.

Nutritional Analysis per serving: 154 calories, 3 g protein, 23g carbohydrates, 6 g fat, 1 g saturated fat (33% of calories from fat), 2 mg cholesterol, 2 g fiber, 235 mg sodium.



Sloppy Joes in Potato Jackets

Ban the bun and give sloppy joes a try in a baked potato. The Brits call stuffed baked potatoes “Potato Jackets,” so try this version on for size.

Makes 4 servings

- 4 Washington Russet potatoes
- 2 teaspoons olive oil
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped green bell pepper
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- 3/4 teaspoon ground cumin
- 12 ounces 93% lean ground beef
- 2/3 cup ketchup
- 1 tablespoon packed light brown sugar
- 2 teaspoons Worcestershire sauce

Preheat oven to 400°F.

Scrub potatoes with vegetable brush under cold running water. Rub lightly with oil, if desired. Pierce each potato several times with a fork. Bake until tender when pierced with a fork, about 50 to 60 minutes. Set aside.

In large nonstick skillet over medium-high heat, heat oil. Add onion, bell pepper and garlic and cook, stirring occasionally, until vegetables are slightly softened, about 4 to 5 minutes. Stir in chili powder and cumin. Cook until fragrant, about 15 seconds. Add the beef and cook, stirring and breaking into smaller pieces with a wooden spoon, until no longer

pink and starting to brown, about 4 to 5 minutes. Stir in the ketchup, sugar and Worcestershire sauce. Cook, stirring occasionally, until slightly thickened and the beef is cooked through, about 3 to 4 minutes.

Cut or pierce tops of the baked potatoes lengthwise and then make a short cut crosswise. Squeeze the ends and push toward center to open. Top each with one-fourth of the beef mixture.

Nutritional Analysis per serving: 385 calories, 22 g protein, 59 g carbohydrates, 9 g fat, 3 g saturated fat (20% of calories from fat), 49 mg cholesterol, 4 g fiber, 539 mg sodium.

Spanish Potato Omelet

In Spain, they make their version of an omelet in advance and eat it at room temperature. Do as they do, or enjoy it hot, right out of the skillet. A mandoline (slicer) helps with slicing the potatoes, onions and peppers. Or you could use the slicing blade of the food processor.



Makes 4 servings

- 2 pounds Washington Russet potatoes
- 1 large onion, thinly sliced (about 1 1/2 cups)
- 1 red bell pepper, seeded and thinly sliced
- 2 tablespoons extra virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 3 eggs
- 1 egg white

Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into thin slices. In large bowl toss slices with onion, bell pepper, 1 tablespoon of the oil, 1/4 teaspoon salt and 1/8 teaspoon pepper. Spread potato mixture on prepared baking sheet and roast 30 minutes. Toss with a spatula and bake 30 minutes longer, tossing occasionally, until tender.

In large bowl, beat the eggs, egg white and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Add the warm potato mixture and toss to mix. Let stand 15 minutes.

In 8-inch nonstick skillet over medium heat, heat remaining 1 tablespoon oil. Add the potato mixture (the skillet will be very full) and cook, shaking often, until almost set, about 8 minutes. Gently shake skillet to make sure potato mixture is loose. Place a plate over the skillet and invert onto plate. Carefully slide the omelet, cooked side up, back into the skillet. Cook until set, about 3 minutes longer. Shake skillet to loosen and slide omelet onto a clean plate. Serve hot or let cool 45 minutes. Cut into 4 wedges to serve.

Nutritional Analysis per serving: 323 calories, 10 g protein, 47 g carbohydrates, 11 g fat, 2 g saturated fat (30% of calories from fat), 140 mg cholesterol, 4 g fiber, 358 mg sodium.



Tarragon Potato Salad with Shrimp

White wine, tarragon and shrimp make this potato salad something very special – suitable for the fanciest of gatherings. If you've never tried fresh tarragon, this recipe is a great place to start. Tarragon is a perfect partner to seafood, as well as chicken, and potatoes.

Makes 4 servings

- 1 pound Washington red potatoes
- 1 tablespoon white wine
- 3/4 pound peeled and deveined medium shrimp
- 2 tablespoons extra virgin olive oil, divided
- 1 cup grape or small cherry tomatoes, halved
- 2 ribs celery, thinly sliced
- 1/3 cup thinly sliced green onions
- 2 tablespoons chopped fresh tarragon
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Scrub potatoes with vegetable brush under cold running water. Cut into 1/2-inch cubes. Place in 3-quart saucepan and add cold water to cover. Over high heat, bring to boiling, then reduce heat to medium-high and cook until potatoes are tender, about 10 minutes. Drain potatoes. Place in large bowl. While warm, add wine and toss to mix.

Meanwhile, toss shrimp with 1 teaspoon oil. Coat a grill pan or skillet with cooking spray. Over medium-high heat, heat for a minute or two. Add shrimp and cook until opaque, about 2 1/2 minutes per side. Add shrimp to bowl with potatoes. Add tomatoes, celery, green onions and tarragon. In small bowl, whisk together the remaining 5 teaspoons oil, vinegar, mustard, salt and pepper. Pour dressing over potato mixture and toss well. Serve warm or at room temperature.

Nutritional Analysis per serving: 223 calories, 14 g protein, 22 g carbohydrates, 8 g fat, 1 g saturated fat (33% of calories from fat), 107 mg cholesterol, 3 g fiber, 727 mg sodium.

Always start boiled potatoes in just enough cold water to cover them. Using a lid will save time and energy.



Tex-Mex Breakfast Burrito

Here's a full meal deal to keep you going all morning long – and for less than 300 calories! You can easily double or triple the recipe for a group.

Makes 2 servings

- 8 ounces Washington Russet potato (about 1 large)
- 4 slices 30% less fat center-cut bacon
- 1/2 cup egg substitute
- 1 burrito-size flour tortilla (9 to 10 inches)
- 1/4 Hass avocado, peeled and sliced
- 2 tablespoons prepared chunky salsa
- 2 teaspoons light sour cream

Scrub potato with vegetable brush under cold running water. Cut into 1/4-inch thick slices. Place in large saucepan and cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are tender, about 8 to 10 minutes. Drain

In a medium nonstick skillet over medium-high heat, cook bacon until crisp. Lift out of skillet and drain on paper towels. Set aside. Return skillet to heat and add egg substitute. Cook, stirring occasionally, until scrambled and cooked through, about 2 minutes.

Warm tortilla according to package directions. Place tortilla on plate or work surface. Put bacon across the center in a straight line. Top with avocado slices, potato slices and scrambled eggs. Spoon salsa over filling from one end to the other. Fold bottom of the tortilla over most of filling, then fold over the sides, overlapping the ends, and roll. Cut in half and top each half with 1 teaspoon of the sour cream.

Nutritional Analysis per serving: 273 calories, 14 g protein, 35 g carbohydrates, 9 g fat, 3 g saturated fat (29% of calories from fat), 17 mg cholesterol, 3 g fiber, 672 mg sodium.



Potato, Prosciutto, Apple and Arugula Pizza

Here's a full meal pizza for guests with grown-up tastes. You can fix it almost as quickly as calling out for delivery, but with lots more flavor and far fewer calories. Peel and chop the apple or, if you wish, leave the peel on and cut slices.

Makes 6 servings

- 1 pound Washington Russet potatoes
- 1 (15-ounce) tube refrigerated pizza dough (or 1 pound thawed frozen or refrigerated pizza dough)
- 2 tablespoons grated Parmesan cheese
- 3/8 teaspoon salt, divided
- 2 tablespoons extra virgin olive oil, divided
- 1 ounce prosciutto, chopped
- 1 Granny Smith apple, peeled, cored, cut into 1/4-inch dice
- 1 jalapeño pepper, seeded and finely chopped
- 3 cups baby arugula
- 2 teaspoons fresh lemon juice

Preheat oven to 450°F. Coat a 12- or 14-inch pizza pan with cooking spray.

Scrub potatoes with vegetable brush under cold running water. Peel. Cut into 1/4-inch thick slices. Place in large saucepan and add cold water to cover. Over high heat, bring to boiling. Reduce heat to medium. Cover and simmer until potatoes are tender but still hold their shape, about 7 to 8 minutes. Drain. Rinse under cold water and drain again.

Stretch the pizza dough to fit the prepared pizza pan. Arrange potato slices in a single layer on the dough starting from the outside edge. Sprinkle with cheese and 1/4 teaspoon of the salt. Top with prosciutto, apple and jalapeños. Drizzle with 4 teaspoons of the oil. Bake 20 minutes or until edges of crust are golden brown. Remove from the oven.

Toss arugula with the remaining 2 teaspoons oil, 1/8 teaspoon salt and lemon juice. Top pizza with arugula. Cut into 6 wedges and serve.

Nutritional Analysis per serving: 290 calories, 9 g protein, 49 g carbohydrates, 9 g fat (25% of calories from fat), 5 mg cholesterol, 3 g fiber, 541 mg sodium.

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