

POTATO INFORMATION AND RECIPES

- Potatoes are fat-free, cholesterol-free, saturated fat-free and sodium-free foods. Potatoes are high in Vitamin C and potassium and are a good source of Vitamin B6 and dietary fiber.
- The National Cancer Institute recommends a minimum of 5 daily servings of fruits and vegetables.
- Low fat diets rich in fiber-containing grain products, fruits and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.
- Diets low in saturated fat and cholesterol may reduce the risk of heart disease, a disease associated with many factors.
- Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors.

CREAMY POTATO SOUP

4 medium diced Michigan potatoes
2-2/3 cups milk (or skim)
2 teaspoons butter
1 medium onion, chopped
4 tablespoons celery, chopped
salt, pepper, seasoned salt, parsley, dill

Cover potatoes with water and cook until tender but firm. Then mash half of potatoes with potato water or part of milk and set aside. Continue heating chopped potatoes. Sauté chopped onions and celery in butter. Add remainder of milk, mashed potatoes, sautéed onions and celery, continue heating. Season with salt, pepper, parsley and dill. Serves four.

MICHIGAN BEAN AND POTATO SOUP

16 – 1 cup servings

2 pounds Navy beans OR assorted varieties of Michigan dry beans
2 cups Michigan potatoes, diced
½ cup Michigan onions, diced
½ cup Michigan carrots, diced or shredded
¼ cup celery, chopped
½ pound ham, ground or diced
1 tablespoon seasoned salt
1 teaspoon garlic powder
¼ teaspoon cumin
2 cups chicken base (3 chicken bouillon cubes with 2 cups water)
½ cup ketchup
salt and pepper to taste

Soak beans in approximately 3 cups water per cup of dry beans. Beans can be left to soak in the refrigerator 6 to 8 hours or quick soaked by bringing to a boil and cooking two minutes. Then remove from heat and let stand one hour. DRAIN soaked beans. Again add approximately 3 cups water per cup of soaked beans and bring to a full boil. Reduce heat and simmer beans 60 minutes or until tender. NOTE: beans can be cooked on stove top; in crockery cooker; pressure cooker; or microwave. Once cooked, drain beans, reserving 4 cups cooking liquid. Add remaining ingredients and simmer for approximately 1 hour. ENJOY! Extra servings of soup can be frozen or shared with friends or neighbors.

Source: The Michigan Bean Commission and the Michigan Potato Industry Commission

RED ONION POTATO SALAD

6 medium Michigan potatoes, peeled, cooked and sliced
1 cup sliced celery
1 cup thinly sliced red onion
1/3 cup chopped parsley
¼ cup low-calorie Italian dressing
3 tablespoons wine vinegar
2 teaspoons salt

dash cayenne pepper

In large bowl, combine hot potatoes with remaining ingredients. Refrigerate to chill. Makes 6 servings. *TIP:* Marinate hot potatoes in dressing while they chill to bring out full flavor – you'll need less dressing!

POTATO CARROT CASSEROLE

4 medium Michigan potatoes, sliced
1 medium onion, sliced
4 medium carrots, sliced
1 tablespoon margarine
1 tablespoon flour
2 cups milk (skim-canned or fresh)

Preheat oven to 350°F. Grease a 9-inch baking pan and spread potatoes, onions and carrots in it in layers. In small saucepan, melt margarine and stir in flour. Gradually pour in milk, stirring constantly, until mixture is thoroughly blended and smooth. Pour over vegetables. Cover with aluminum foil and bake 30 minutes. Uncover and bake 30 minutes longer, until vegetables are tender. Makes 6 to 8 servings.

PARMESAN POTATO ROUNDS

4 medium Michigan potatoes, thinly sliced
1 small onion, thinly sliced and separated into rings
3 tablespoons butter OR margarine, melted
¼ teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder

Place half of the potatoes in a greased 2 quart baking dish. Top with onion and remaining potatoes, drizzle with butter. Sprinkle with Parmesan cheese, salt, pepper and garlic powder. Bake, uncovered, at 450°F for 25 to 30 minutes or until the potatoes are golden brown and tender. Yield 4 servings.

CRISPY HALF-BAKED POTATOES

2 medium potatoes (about 2/3 pound)
2 teaspoons olive oil
2 tablespoons grated Parmesan cheese
coarsely ground pepper, to taste

Halve potatoes lengthwise; brush surfaces with oil. Coat with cheese. Place in microwave baking dish. Microwave on high power 4 to 6 minutes. Brown under broiler. Sprinkle with pepper. Makes 4 servings.

Variations: Add dried or fresh herbs of your choice to cheese mixture before coating potatoes. Add 1 teaspoon lemon juice to oil before brushing potatoes.

CHEESY BROCCOLI POTATO TOPPER

1 can (10 ¾ oz.) Campbell's condensed cheddar cheese soup/
Ragu double cheese sauce
4 large baked Michigan potatoes, split
1 cup cooked broccoli flowerets

To bake potatoes, pierce with fork. Bake at 400°F for 1 hour or microwave on high for 10 ½ or 12 ½ minutes or until fork tender. Heat soup or cheese sauce. Place hot baked potatoes on microwave safe plate. Cut X in potatoes. Fluff up potatoes with fork. Top potatoes with broccoli. Spoon soup/sauce over potatoes. Microwave on high 4 minutes or until hot.

Variation: Top baked potatoes with chili mixture, sprinkle with cheddar cheese. Top baked potatoes with salsa sauce.

LOADED POTATO

½ cup small curd cottage cheese
2 tablespoons shredded cheddar cheese
2 tablespoons chopped tomato
1 tablespoon chopped green pepper
1 tablespoon chopped green onion
1 medium Michigan baked potato

Combine first 5 ingredients. With a sharp knife, cut an X in the top of the potato, fluff pulp with fork, top with cottage cheese mixture. Serve immediately.

MASHED POTATOES

5 large Michigan potatoes peeled and cut into ½ inch cubes
15 garlic cloves, peeled and halved
2 teaspoons salt, divided
½ cup butter or margarine, softened
½ cup milk

Place potatoes, garlic and 1 teaspoon salt in a large saucepan. Add enough water to cover. Bring to a boil, reduce heat. Cover, simmer until potatoes are tender (about 10 minutes) drain and mash. Add butter, milk and remaining salt. Beat until smooth. Yield 6 servings **OR**

Mash potatoes with chicken broth instead of milk
Mash potatoes with whipping cream and chives
Mash potatoes with whipping cream and onion powder
MICHIGAN POTATO SNACK SLICES

8 small potatoes, sliced
¼ cup water
Choice of toppings

Micro-boil potatoes. Start by scrubbing potatoes. Slice potatoes and place in microwave casserole dish. Add ¼ cup water and cover. Microwave on high for 12 minutes or until tender, stir or rearrange potatoes from center to outside of dish after half the time. Let stand 3 minutes and serve with one of the following toppings. Makes approximately 32 snacks.

Shrimp Cocktail. Spread cream cheese on potato slice. Top with a teaspoon of chili sauce and cooked shrimp. Garnish with sprig of parsley.

Uptown Salmon. Place slice of smoked salmon on potato slice. Garnish with dollop of sour cream, a wedge of lemon and a sprig of parsley.

Ham and Cheese. Place slice of ham on potato, top with shredded cheddar and microwave on HIGH for 20 seconds.

Mini Ryebein. Place a slice of corned beef and a teaspoon of sauerkraut on potato slice. Top with a mixture of shredded Swiss and mustard to taste. Microwave slices on HIGH for 20 seconds. Sprinkle with caraway seed.

Source of Recipes Above: Michigan Potato Industry Commission

SPEED SPUDS!

MICRO-SAUTEED POTATOES

You can use either peeled or unpeeled potatoes for this technique. Cut them into 1-inch cubes or ¼-inch slices. Place the cut-up potatoes in a microwave-safe dish and cover the dish with plastic wrap, folding back one corner to vent. Microwave on high power just until tender. (It takes 7 to 8 minutes to micro-cook 1-1/3 pounds or four medium

cut-up potatoes in a 700 to 800 watt microwave oven. Adjust times to your own oven. Sauté the potatoes in a small amount of oil or butter in a nonstick skillet, adding other ingredients of your choice. Cook and toss until the potatoes are lightly browned. Mix in sauce near the end of cooking, if you wish.

Now that you know how to micro-sauté, try the following recipe:

SAUTEED POTATOES AND CHICKEN DIJON – Makes 4 servings

1-1/3 pounds (4 medium) potatoes, sliced ¼ inch thick
2 tablespoons vegetable oil
1 pound boned and skinned chicken breasts, sliced ½ inch thick
¼ cup prepared honey-Dijon barbecue sauce
1 teaspoon dried tarragon
salt and pepper, to taste

Place potatoes in microwave-safe dish. Cover dish, folding back one corner to vent; microwave on high power 7 to 8 minutes, just until tender. Meanwhile, heat oil in large nonstick skillet over high heat. Add chicken; toss and brown lightly in oil 5 minutes. Add cooked potatoes; sauté and toss until potatoes are lightly browned and chicken is completely cooked. Mix in sauce and tarragon; heat through. Season with salt and pepper.

VARIATIONS:

Sautéed Potatoes and Chicken Rosemary: Microwave sliced potatoes in covered, microwave-safe dish just until tender. Sauté chicken breast slices and chopped garlic in nonstick skillet. Add cooked potatoes and crumbled dried rosemary. Toss until potatoes are lightly browned. Season with salt and pepper.

Sautéed Potatoes and Pork Provencale: Microwave cubed potatoes in covered microwave-safe dish just until tender. Sauté thin lean pork strips until opaque in nonstick skillet. Add cooked potatoes and some cherry tomatoes; cook and toss to heat through. Mix in a little orange marmalade and Dijon mustard. Season with salt and pepper.

MICRO-BAKED POTATOES

Choose potatoes that are uniform in size. Prick each potato several times with a fork. Arrange the potatoes in your microwave oven in spoke fashion. Microwave on high power until the potatoes are tender when tested with a fork. It takes 14 to 16 minutes to micro-bake four 8-ounce potatoes in a 700 to 800 watt microwave oven. Adjust times to your own oven. Split and fluff the potatoes and serve them with your choice of toppings.

Now that you know how to micro-bake potatoes, create complete dinners like Baked Potatoes Primavera.

BAKED POTATOES PRIMAVERA – Makes 4 servings

4 potatoes, 8 ounces each
4 cups fresh vegetable pieces (choose from broccoli florets, sliced carrots, red pepper squares, sliced zucchini, peas)
1-1/4 cups prepared Alfredo sauce
2 teaspoons dried basil leaves
¼ teaspoon red pepper flakes
salt and pepper, to taste

Prick each potato several times with fork. Arrange spoke-fashion in microwave oven. Microwave on high power 14 to 16 minutes until tender. Meanwhile, in 2-quart saucepan, bring 1 cup water to boil. Add vegetables, cover and cook over medium-high heat about 5 minutes, just until crisp-tender; drain thoroughly. Add sauce, basil and pepper flakes to vegetables in saucepan. Heat to simmering, stirring. Season with salt and pepper. Split and fluff potatoes; place on four serving plates. Spoon vegetable mixture over potatoes, dividing equally. (Chunks of cooked chicken, turkey or ham can be added to vegetables with sauce.)

VARIATIONS:

Baked Potatoes Mexicali. Sauté ground turkey. Mix in Mexican-style stewed tomatoes, diced green chilies and corn kernels. Season with jalapeno sauce, salt and pepper. Heat to simmering. Serve mixture over split and fluffed micro-baked potatoes.

Baked Potatoes Stroganoff. Sauté flank steak and mushroom slices. Mix in condensed cream of mushroom soup thinned with about ¼ can of water. Season with Worcestershire sauce, tomato paste, Dijon mustard, garlic powder,

salt and pepper. Stir in some sour cream. Heat to simmering. Serve mixture over split and fluffed micro-baked potatoes.

MICRO-MASHED POTATOES

You can use either peeled or unpeeled for this technique. Cut the potatoes into 1 inch cubes. Place the cut-up potatoes in a microwave-safe dish and cover the dish with plastic wrap, folding back one corner to vent. Microwave on high power just until tender. It takes 7 to 8 minutes to micro-cook 1-1/3 pounds (four medium) cut-up potatoes in a 700 to 800 watt microwave oven. Adjust times to your own oven. Mash the potatoes with a potato masher or electric mixer (do not use a food processor), mixing in some butter and then some milk until you reach the consistency you like. Season with salt and pepper.

Now that you know how to micro-mash, make a quick dinner using the Barbecue Beef in a Potato Nest recipe.

BARBECUE BEEF IN A POTATO NEST – Makes 4 servings

1-1/3 pounds (4 medium) potatoes, cut into 1 inch cubes
1 tablespoon vegetable oil
1 small red or green bell pepper, seeded and finely chopped
2 cups sliced mushrooms
1 pound lean ground beef
3/4 cup barbecue sauce
2/3 cup 2 percent milk, (approximate)
1/4 cup thinly sliced green onions
salt and pepper, to taste

Place potatoes in microwave-safe dish. Cover dish, folding back one corner to vent; microwave on high power 7 to 8 minutes, just until tender. Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add bell pepper; cook 5 minutes, tossing often. Add mushrooms; cook and toss 2 minutes. Break up and add beef; cook and toss until beef loses pink color. Mix in sauce. Mash potatoes; gradually beat in milk until desired consistency is reached. Mix in onions; season with salt and pepper. Divide potatoes equally onto four serving plates. Make an indentation in the middle of each mound; fill with beef mixture, dividing equally.

VARIATIONS:

Mashed Potatoes Benedict. Season mashed potatoes with dried parsley. Sauté diced, cooked ham and thawed, frozen cut green beans. Mix in prepared hollandaise sauce. Season with salt and pepper. Heat to simmering. Serve mixture in mashed potato “nests.”

Mashed Potatoes Creole. Season mashed potatoes with dried basil. Sauté smoked sausage slices and green bell pepper squares. Mix in stewed tomatoes and tomato sauce. Season with salt and cayenne pepper. Heat to simmering. Serve mixture in mashed potato “nests.”

EASY CHEESY POTATO BAKE – Makes 4 servings

1-1/3 pounds (4 medium) previously baked or boiled potatoes, sliced 1/4 inch thick
1/2 cup frozen peas
1 cup prepared, pasteurized, processed cheese sauce
2 tablespoons finely chopped green onions
pepper, to taste
1 pound smoked sausage, cut into 1/3-inch thick slices
1 cup crushed potato chips

Heat oven to 375°F. Place potatoes and peas in an 8-inch square microwave-safe baking dish. Cover dish, folding back one corner to vent. Microwave on high power about 3 minutes until potatoes are hot. Mix in sauce, onions and pepper to coat potatoes. Meanwhile, in large nonstick skillet over medium heat, cook and toss sausage about 5 minutes until lightly browned. Drain fat, if any. Mix sausage into potato mixture. Sprinkle top evenly with potato chips. Bake in center of oven about 10 minutes until hot and top is lightly browned.

VARIATIONS FOR REPEAT PERFORMANCE POTATOES:

Pilgrim Potato Bake. Heat sliced or diced, previously cooked potatoes in covered, microwave-safe baking dish. Mix in prepared turkey gravy, frozen peas and carrots and cooked chicken or turkey chunks. Season with dried thyme leaves, salt and pepper. Cover and microwave until heated through. Sprinkle with chopped parsley.

Potato Bake Roma. Heat sliced or diced, previously cooked potatoes in covered, microwave-safe baking dish. Sauté ground beef, diced zucchini and chopped onion. Mix into potatoes with prepared marinara sauce. Season with dried oregano leaves, salt and pepper. Top with shredded mozzarella cheese. Microwave or bake until heated through and cheese is melted.

Source of Previous Recipes: *1997 National Potato Promotion Board*