



MAKE YOUR FOOD DOLLARS COUNT

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Potato Bonanza

Potatoes are a favorite staple for family meals. Besides being low cost, they are also good for you. Here are some ideas to try.

Vegetable Stuffed Potatoes

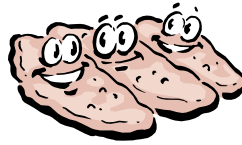
- 4 large potatoes, baked
- 1-1/2 cups fresh broccoli florets
- 1/2 cup sliced fresh mushrooms
- 1/4 cup sliced onion
- 1/4 cup chopped sweet red pepper
- 1 cup fully-cooked lean turkey or lean ham, diced (optional)
- 1/2 cup non-fat plain yogurt
- 1/4 cup skim milk
- 2 teaspoons cornstarch
- 1 teaspoon Dijon-style mustard
- Dash ground nutmeg (optional)
- 2 teaspoons grated parmesan cheese

In a 1-quart microwave-safe casserole dish, combine broccoli, mushrooms, onion, red pepper and 2 teaspoons water. Micro-cook, covered, on HIGH for 3-5 minutes or until vegetables are tender. Drain well. Add the turkey or ham (if desired). Cook, covered, on HIGH 2 to 3 minutes or until heated through. Stir together yogurt, milk, cornstarch, mustard and nutmeg. Add to broccoli mixture. Cook covered on HIGH 2 to 4 minutes or until mixture is thickened, stirring every 30 seconds. Spoon over hot potatoes. Sprinkle with Parmesan cheese.

Yield: 7 servings; serving size 1 cup (190 calories, 0 grams fat, 0 mg cholesterol, 50 mg sodium)



Family Baked Potato Bar



- 2 large baking potatoes
- Ingredients for the toppings of your choice

Preheat oven to 400°F. Scrub the potatoes with water. Pierce each potato with a fork. Bake the potatoes for about 1 hour. To bake in a microwave oven, pierce potatoes with a fork, then cook on high for about 7 minutes. Allow the potatoes to cool for about 10 minutes. Slice each potato in half lengthwise. Squeeze the potatoes to loosen the insides. Use a fork to mash the insides lightly, and make a well in the center of each half. Fill each well with 1/2 cup of favorite topping.

Suggested topping mixtures:

- *1 cup low-fat yogurt and 1 cup cooked, chopped broccoli
- *1 cup baked beans and 1/4 cup shredded, part-skim mozzarella cheese.
- *1 cup thick tomato sauce and 1/4 cup shredded, part-skim mozzarella cheese and a dash of oregano.

Note: Nutrition information dependent on amount and kind of topping used.

Sweet Potato Salad

- 2 pounds orange fleshed sweet potatoes (3-4 large potatoes)
- 2 cups green peas, cooked
- 1/2 cup sliced green pepper
- 1/2 cup diced red onion
- 3 Tbsp. Italian dressing, low fat

Wash, pierce and dry the sweet potatoes. Microwave on high until tender, or about 5 minutes per sweet potato. Cool sweet potatoes, then peel them and cut into 1-inch pieces. Transfer to a serving bowl. Add the rest of the ingredients and mix well. Serve immediately or chill for later use.

Yield: 10 servings; serving size 1/2 cup (100 calories, .5 grams fat, 0 mg cholesterol, 80 mg sodium)



Kids Corner: Potato Prints

Materials Needed:

potato
paring knife
Tempera paint
foil or saucer
thick paper

Slice the potato in half. Make a simple raised design on the flat face of one half. Carve away those parts you don't want to print by slicing down and then across with the knife. Let the potato dry for an hour or so to help the paint adhere better. Put paint on foil or in a saucer. Dip the potato in paint. Position the potato on the paper and press down firmly. Put more paint on the potato after every one or two prints. Use the potato to make different types of patterns.

Nutrition Benefits



- 1 medium white potato contains about 110 calories and 1 medium sweet potato contains about 130 calories. Potatoes are naturally low in fat and with the skins are a good source of fiber.
- Sweet potatoes contain high levels of vitamin A.
- Both sweet and white potatoes contain vitamin C, potassium, magnesium, and phosphorus.

Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact:

Cornell Cooperative Extension
5657 State Rt. 5,
Herkimer, NY 13350
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Potato Tips

Selection

- Potatoes should be fairly clean, firm and smooth with a regular shape so there won't be too much waste in peeling.
- Avoid potatoes with wilted, wrinkled skin, soft dark areas, cut surfaces or with a green appearance.
- Choose potatoes of uniform size for even cooking.
- Common varieties available include:
 - *Red: typical use - boiling
 - *Russet: low moisture - good baking potato
 - *Sweet: not related to yams
2 varieties: pale/yellow or darker orange; better if cooked in skin
 - *White: long white are all- purpose potato; round white are boiling potatoes

Storage

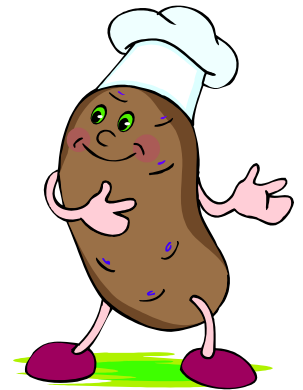
- Store potatoes in a cool, dry, dark place that's well ventilated. The ideal temperatures are 45 to 50 degrees F.
- At 45 to 50 degrees F, potatoes will keep well for several weeks. At temperatures much over that, potatoes should not be stored for more than one week. Warmer temperatures encourage sprouting and shriveling. (Sprouting potatoes can still be used but there will be some waste. Remove sprouts and eyes completely. Peel before cooking.)
- Avoid prolonged exposure to light which causes potatoes to turn green. This green area should be pared off before the potato is used.
- Don't refrigerate potatoes. Below 40 degrees F, potatoes will develop a sweet taste, the result of an accumulation of sugars. This increased sugar will cause the potato to darken when cooked.

Yield

- 1 pound fresh potatoes equals approximately:
 - *3 medium potatoes
 - *3 cups peeled and sliced
 - *2-1/2 cups peeled and diced
 - *2 cups mashed

Cooking Tips

- Potatoes retain nutrients better if cooked whole. However, they may be halved, sliced or diced before cooking if shorter cooking time is desired.
- Peeled white potatoes turn dark if not cooked right away. To protect their whiteness, toss them with a little lemon juice. Prolonged soaking potatoes in cold water is not recommended as it can result in some vitamin loss.



Need help paying your grocery bill? Food Stamps can help!
Call (315)894-9917 today.

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

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