

# Potatoes



Market  
Basket  
*of the month*

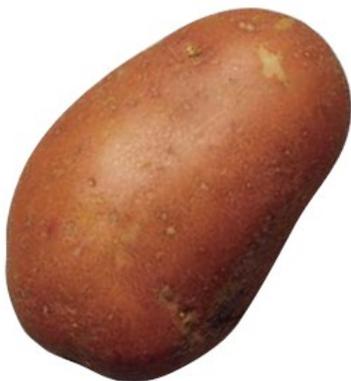
## Serving Ideas:

Rinse and scrub potatoes with cool water and cut off any bad spots. Potatoes can be eaten with peels, peel before cooking...

- ◆ Boiled – Cut into cubes and cover with water in a pot. Bring the water to a boil, reduce to a simmer and cook until tender.
- ◆ Microwaved – Pierce with a fork and cook until soft.
- ◆ Roasted – Cut into cubes, then place on baking sheet with oil and your favorite seasonings. Bake at 425°F for about 25 minutes or until tender.

To keep potatoes fresh, store in a dry, cool place, like a pantry or garage. Do not store in the refrigerator. If stored properly, potatoes can keep for one month or longer.

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# Meaty Stuffed Potatoes

Makes 3 servings

## Ingredients

3 potatoes (medium)  
8 ounces turkey, chicken, beef, or pork, diced and cooked  
1 cup broccoli (coarsely chopped)  
1/2 cup onion (chopped)  
1/2 cup carrot (thinly sliced)  
3/4 cup water (hot)  
3/4 cup non-fat milk  
1 tablespoon flour  
1/4 teaspoon black pepper  
1/2 cup cheese, shredded low-fat

## Directions

1. Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half.
2. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender, about 15 to 20 minutes, remove from heat and drain. Set aside.  
(**Note:** you can also pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork tender, then cut each in half).
3. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water.
4. Boil until vegetables are fork tender - about 5 minutes. Reduce heat to low.
5. In a jar with a tight-fitting lid, combine milk, flour and pepper. Shake well.
6. Stir flour mixture into meat mixture until well blended.
7. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently.
8. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about one third cup of the meat mixture over each potato half.

# Speckled Potatoes

Makes 6 servings, about 1/2 cup each

## Ingredients

1 1/2 lbs. red potatoes, peeled and thinly sliced  
Low sodium chicken broth  
1/2 Cup minced onion  
1 clove garlic, minced  
1/2 Cup chopped parsley

## Directions

1. In a large saucepan with 1 inch of chicken broth, combine potatoes, onions, and garlic.
2. Cover and cook 10 minutes.
3. Add parsley; cook 5 minutes more, or until potatoes are tender; drain.

Note: Other fresh green herbs can be used in place of the parsley, such as cilantro.

Adapted from: Fruit and Veggies Matter, CDC