



A cooking and nutrition Fact Sheet

August 2010

Potatoes

COOKING

- **Baking:** A medium potato bakes in 45 minutes at 400°F. Scrub clean and poke with fork 3 to 4 times to allow steam to escape.
- **Boil:** Use a small amount of water and cover the pan so vitamins are not lost when cooking. Whole potatoes cook in 30 to 40 minutes. Cut up potatoes; 20 to 30 minutes.
- **Microwaving:** A 6 to 8 ounce potato cooks in 4 to 6 minutes on HIGH in the microwave. Poke with a fork to prevent bursting. Turn over once for best results.

Skinny French Fries

Yield: 8 servings • Serving:

4 medium potatoes, cut into strips (great with sweet potatoes!)

2 Tablespoons vegetable oil

Salt and pepper to taste

1. Preheat oven to 450°F. Lightly oil a 9 inch x 13 inch pan.
2. Cut potatoes and pat dry on towels.
3. Spread strips of potatoes in one layer in pan.
4. Distribute remaining oil evenly over potatoes.
5. Bake until golden brown and tender for about 30 to 40 minutes. Turn frequently.
6. Season to taste.

Microwave Potato Corn Chowder

Yield: 4 servings

¼ cup butter or margarine

¼ cup all-purpose flour

¼ teaspoon salt

⅛ teaspoon pepper

2 cups milk

2 potatoes, peeled and diced

1- 16 ounce can corn, drained

1. Melt margarine in glass bowl on HIGH for 30 to 50 seconds.
 2. Stir in flour, salt and pepper until smooth.
 3. Blend milk into flour-margarine mixture.
 4. Cook on HIGH for 6 to 8 minutes, until thickened, stirring well each minute. Set aside
 5. In a separate microwave safe bowl, cook 2 potatoes in 1 cup water. When potatoes are done add potatoes and cooking water to white sauce.
 6. Stir in 1-16 ounce can of corn. Cook 2 to 3 minutes or until steaming hot.
- ☆Tip: Shredded cheese, crumbled bacon, chopped ham or onion may be added. Add clams for clam chowder.

Nutrition Facts

Potatoes are fat-free, cholesterol-free and a good source of vitamin C, potassium and fiber.

Meal In A Package

Yield: 1 serving per packet

Per person:

- 1 hamburger patty
- 1 potato, thinly sliced
- 1 carrot, thinly sliced
- 1 small onion, thinly sliced
- 2 teaspoon Italian dressing or assorted spices

1. Use a piece of heavy aluminum foil about a foot square. With shiny side up, put the vegetables on the foil.
2. Top with hamburger. Season with salt and pepper.
3. Bring two edges of foil together at top and fold, making two folds. Press the edges together and fold it so it will not leak.
4. Place folded side up on hot coals for 20 minutes. Use long tongs to turn over. Cook 10 minutes more.
5. Eat right out of package.

Variations:

- Oven: Bake at 350°F for 30 minutes.
- Microwave: Put ingredients into a microwave safe dish instead of aluminum foil. Cook on HIGH 8 to 10 minutes.

Potato Cakes

Yield: 8 to 12 cakes

- 2 to 3 cups mashed potatoes
- ½ cup finely chopped onion
- ½ cup flour
- 1 egg
- 1 to 2 Tablespoons vegetable oil

1. Place mashed potatoes and onions in large bowl. Add flour and egg. Mix well.
2. Shape into small flat cakes.
3. Heat oil in frying pan over medium heat. Fry until brown on both sides. Makes 8 to 12.

Variations: Add 2 Tablespoons chopped chives or 1 clove crushed garlic

Shepherd's Pie

Yield: serves 6

- 3 large potatoes, peeled and cut into chunks
- 1 pound ground beef
- ½ cup chopped onion
- 1 cup sliced carrots, optional
- 1- 16 oz can green beans, drained
- 1 can tomato soup or sauce

1. Preheat oven to 350°F.
2. Place potatoes in two quart sauce pan. Cover barely with water and lid. Cook until tender to fork. Pour off water and mash with small amount of butter and milk.
3. While potatoes are cooking, brown hamburger with onion in fry pan on medium heat. Cook until no longer pink. Add carrots, green beans and tomato soup. Cook until steaming.
4. Place mixture in bottom of dish. Top with mashed potatoes. Cover; bake for 30 to 45 minutes or until steaming hot.

Variations:

- Top with 1 cup grated cheese.
- Use peas or corn instead of beans.
- Use a cream soup for tomato.

More Ideas for Spuds:

- Hash - fry cubes of roast beef, potatoes and onion.
- Hashbrowns - grate raw potatoes, mix with a little flour and an egg and brown.

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