

VIVA POTATOES: Potatoes are the ultimate comfort food — and so versatile. Anytime you have extra space in a hot oven, throw in a few spuds. You'll be glad you did!

General Directions:

- Select firm potatoes without soft spots, green spots, or sprouts.
- Choose high-starch potatoes such as Russets for drier, more crumbly results (mashed potatoes) and waxy potatoes for moister results (for salads or fried potatoes). However, this rule is flexible!
- Do not store in the refrigerator; store in a well-ventilated, dark, cool area.
- Scrub well or peel. Remove any black spots, green spots, or eyes.
- If you must peel and cut potatoes ahead of time, cover with water to avoid discoloration. However, this does reduce nutrient content.
- Boil, bake, or microwave (see below) and use in the following recipes.
- Desired tenderness can vary depending on intended use and personal preference.



Browned potatoes exposed to air.
Prevent this by covering with water.

General Cooking Instructions:

Boiled Potatoes (produces moist and tender flesh):

- Scrub or peel the potatoes. Cut into equal size pieces or cook whole.
- Put the potatoes in a large sauce pan; cover with cold water.
- Add a pinch of salt and boil until tender. This takes about 15 to 30 minutes depending on size and variety of potatoes.
- Remove the potatoes from water, reserving the water for thinning the potatoes if you plan to make mashed potatoes.

Baked Potatoes (produces crisp and flavorful skins):

- An oven temperature between 350-425 degrees works best.
- Poke some holes in potato with a sharp knife to help release steam and prevent explosions
- Bake for about an hour or until a knife goes in easily.
- Do not wrap in foil unless you want a “steamed” potato with moister flesh and skin.

Microwaved Potatoes (Produces moister skin and flesh)

- Fast, but not as flavorful as baked potatoes
- Arrange in “spoke” formation on a plate. Poke a few holes with a sharp knife to help release steam.
- Microwave on high until tender – about 5-8 minutes depending on microwave oven and quantity of potatoes. (Rotate potatoes halfway through cooking if microwave does not have automatic turntable.)

Mashed Potatoes

Ingredients:

- 3 pounds russet or Yukon Gold potatoes, boiled until very tender
- Salt and pepper
- 2- 4 Tablespoons butter or olive oil
- 1 cup warmed milk, cream, buttermilk, or cooking water

Directions:

- Mash the potatoes with a potato masher, ricer, fork, or hand-held mixer.
- Add the butter or olive oil.
- Gradually beat in the warm liquid until the potatoes are smooth, moist and light.
- Season with salt and pepper.



Mashed Potato Pie with Cheese

This is a simple and tasty way to turn your leftover mashed potatoes into a meal.

Ingredients:

- 5 cups seasoned mashed potatoes
- 2 eggs, beaten
- Salt and pepper
- 2 Tablespoons butter or olive oil
- ½ cup grated sharp cheddar cheese

Directions:

- Stir eggs into the mashed potatoes. Season with salt and pepper.
- Place butter or olive oil in a large ovenproof skillet over medium heat.
- When the butter is melted, put mashed potatoes in the pan and press down a bit to spread them around evenly.
- Cook, undisturbed, until they brown around the edges, 10-12 minutes.
- Put the pan into oven and bake until pie is golden brown on top, about 30 minutes.
- Sprinkle cheese on top of the pie and place under broiler, about 4 to 6 inches from the heat source until cheese is melted.
- Remove pan when cheese is bubbling.
- Cool in pan for a bit, then run a knife around the edge of the pan to make sure nothing is stuck.
- Slide pie out of the pan and onto a serving plate. Cut into wedges



To Serve:

Serve immediately or at room temperature. Top with salsa and sour cream if desired.

Mashed Potato Soup

This recipe is from Goldie Anderson, a 98-year-old woman who lived through the Great Depression and the Dust Bowl of the 1930s. During those tough times she learned to use all of her leftovers. She often turned leftover mashed potatoes into yet another meal – soup!

Ingredients:

- 2 Tablespoons olive oil or butter
- 1/2 medium onion, finely diced
- 2 small bay leaves
- 3 cups low fat milk
- 3 cups mashed potatoes
- Salt and pepper
- 2 Tablespoons chopped parsley, if desired
- 2 Tablespoons grated sharp cheddar cheese, if desired



Directions:

- Heat oil in a heavy soup pot over medium heat.
- Add onions and bay leaves and cook slowly until onions are tender.
- Add milk and bring to a simmer.
- Add mashed potatoes. Mix well with a large spoon.
- Cook until soup becomes smooth.
- Remove bay leaves.
- Season with salt and pepper to taste.

To Serve:

- Garnish with chopped parsley or sprinkle with grated cheese.

Lemon Pepper Home Fries and Steak

A quick meal for 3-4 people. Lemon pepper adds zesty flavor to the steak and home fries. Broil them together while you toss a salad and set the table.

Ingredients:

- 1 ½ pound boneless beef top sirloin steak, cut 1 ¼ inches thick

Steak Seasoning:

- 3 large cloves garlic, crushed
- 2 tsp dried oregano leaves
- ½ teaspoon lemon pepper

Home Fries:

- 1 Tablespoon olive oil
- ½ teaspoon lemon pepper
- 3 all-purpose potatoes, each cut into 6 lengthwise wedges



Directions:

- Combine steak seasoning ingredients; press into both sides of steak.
- In medium bowl, combine oil and ½ teaspoon lemon pepper. Add potatoes; toss to coat.
- Place steak on one side of rack in broiler pan so surface of meat is 3-4 inches from heat. Arrange potatoes on the other side. Broil 18 to 20 minutes until steak is rare to medium (145-160 F) doneness and potatoes are tender, turning steak and potato wedges once.

To Serve:

- Trim fat from steak. Carve steak crosswise into slices and serve with potatoes.

Cottage Fries

Another way to use up those "extra" cooked potatoes in your fridge. Serve as a side dish or in egg burritos.

Ingredients:

- 3-4 cooked potatoes, cut into 1" cubes (or coarsely grated for Hash Browns)
- 2 T oil (olive or canola)

Directions:

- Heat oil over medium heat in heavy skillet.
- Add potatoes in single layer
- Allow to cook for about 10 minutes or until they begin to brown around the edges.
- Turn with spatula.
- Continue to cook, without stirring too often. Be patient! This takes about 20 minutes. If they start to stick, add a little more oil.



Serving Suggestions:

- Add chopped onions halfway through cooking process.
- Season with herbs or spices such as smoked paprika, chili powder, oregano.
- Reduce heat and add a few scrambled eggs when potatoes are nearly done. Roll into a tortilla with salsa for a quick breakfast, lunch or dinner.

Easy Potato Salad

If you are a dill pickle lover, you'll really enjoy turning your leftover potatoes into this crunchy salad. If you REALLY love pickles, add more pickle juice! Chopped red peppers are also a delicious addition.

Ingredients:

- 4 C cooked, cubed potatoes
- 2 hard boiled eggs, chopped
- ¼ C celery, chopped
- ¼ C onions or green onions, chopped
- ¼ C dill pickles, chopped
- ½ C light mayonnaise
- 2 T buttermilk or milk
- 1 T dill pickle juice
- 1 T prepared mustard (optional)
- Paprika (optional)



Directions:

- In a large bowl, combine first five ingredients.
- In a small bowl, combine remaining ingredients.
- Pour dressing over potato mixture. Gently mix until combined, adding salt and pepper to taste.
- Garnish with paprika and serve immediately or cover & refrigerate to serve chilled.

Baked Potato Bar

Here's another easy way to turn baked potatoes into meal — for yourself or for a crowd. Try some of the suggested toppings below or come up with your own favorite combinations based on what you on hand. Or, ask your guests to bring a topping for a make-your-own-potato-creation party.

Ingredients:

Baked Potatoes

Topping Suggestions:

- Baked beans
- Chili
- Cottage Cheese
- Grated Cheese
- Salsa
- Chopped tomatoes
- Green onions
- Broccoli, steamed or raw
- Red or green peppers
- Sliced olives
- Sour cream
- Bacon bits
- Sunflower seeds



Directions:

- Place potatoes on a platter. Place toppings in small bowls surrounding potatoes. Let the creativity begin!

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