

You say "potato", I say "pototo"

Any way you put it, they're delicious and nutritious!

Pennywise Potato-Turkey Wraps

3/4 pound (12 ounces) potatoes cut into $\frac{1}{4}$ inch dice
1 tablespoon water
1 tablespoon canola oil
3/4 pound (12 ounces) ground lean turkey
1 large carrot, shredded
1/3 cup sliced green onions with tops
1 can (8 ounces) tomato sauce
2/3 cup shredded cheddar cheese
1 teaspoon dried Italian herb seasoning or basil
Salt and pepper, to taste
4 large (9 to 10-inch) whole wheat or high fiber tortillas
Light sour cream (optional)

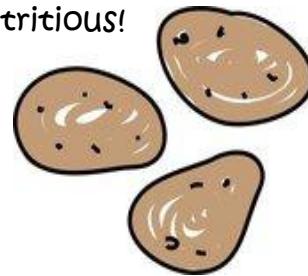
- Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on HIGH 5 to 8 minutes just until potatoes are tender. (Time will depend on wattage of your oven.)
- Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add and break up turkey; cook 5 minutes, tossing occasionally.
- Mix in carrot; cook 2 minutes. Add potatoes and onions; cook and toss 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese, and herbs. Cook, stirring occasionally, four to five minutes until mixture is hot and most of sauce is absorbed. Season with salt and pepper.
- On work surface, lay out tortillas. Place $\frac{1}{2}$ cup hot turkey mixture on each; fold and roll up as for burritos. Accompany with sour cream if desired.

Serves 4

How to roast potatoes:

Preheat the oven to 400F. Toss potatoes with a bit of olive oil and your favorite spices. Place on a baking sheet and put in the oven for 40 to 50 minutes or until golden brown, turning every 10 minutes with a spatula. Delish!

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity provider and employer. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



Top your potato with:

- Roasted vegetables
- Salsa and low fat cheese
- Vegetarian chili
- Marinara sauce and parmesan cheese



Southwest Potatoes Au Gratin

2 medium russet, white or yellow-flesh potatoes
5-6 raw chicken tenders
1 can (14 1/2 ounces) diced tomatoes
1 pack of taco seasoning
 $\frac{1}{2}$ - 1 cup low fat shredded cheddar cheese

- Cut two potatoes in half, lengthwise, then slice across into $\frac{1}{4}$ -inch-thick half moons.
- In a 1-quart microwave-safe dish, combine chicken tenders, diced tomatoes and taco seasoning, mixing well. Arrange potatoes on top in a single layer. Sprinkle low fat shredded cheddar cheese on top.
- Cover tightly with lid or plastic wrap. Microwave on high for 12 minutes.