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 ¼ 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 ½ cup hot turkey mixture on each; fold and roll up as for burritos. Accompany with sour cream if desired.
Serves 4

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
- ½ - 1 cup low fat shredded cheddar cheese

- Cut two potatoes in half, lengthwise, then slice across into 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.

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!