

Potatoes – An American Favorite

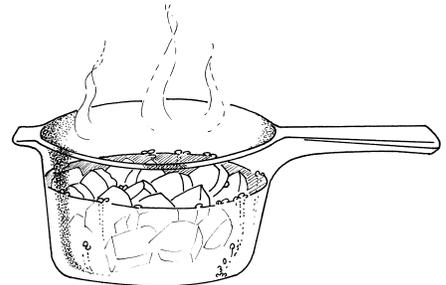
Potatoes can be fixed in three basic ways.

In general, use red potatoes for boiling and mashing. Use white and yukon gold potatoes for baking. Yams and sweet potatoes can be boiled, mashed or baked. But keep in mind, all three cooking methods can be used for any kind of potato.

Boiled Potatoes:

Boil potatoes with or without their skins. Leaving the skins on is quicker than peeling them and saves more nutrients.

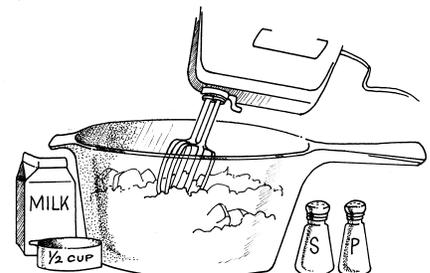
1. Scrub potatoes well, or peel.
2. Cover with water and bring to a boil.
3. Turn heat down slightly and boil until tender.
4. Potatoes are done when you can insert a fork or knife easily.
5. Boiling a pan of medium potatoes usually takes about 30 minutes. Cutting potatoes in halves or quarters will shorten the cooking time.
6. Drain quickly so potatoes don't become waterlogged.
7. Use leftover potato water in gravy or sauces as it has many vitamins.



Mashed Potatoes:

Mashed potatoes are made from boiled potatoes. If you leave the skins on the potatoes when you boil them, your mashed potatoes will have more nutrients.

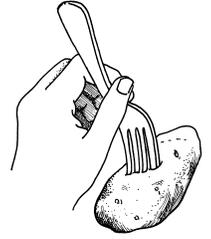
1. Boil potatoes, with or without skin, until well done.
2. If potatoes aren't well done, the mashed potatoes are lumpy.
3. If potatoes aren't drained quickly and become waterlogged, the mashed potatoes are too soft.
4. Remove potato skin, if left on.
5. Mash thoroughly, using a potato masher or an electric hand mixer.
6. Add a little hot milk gradually and season with salt and pepper to taste.



Baked Potatoes:

For a crispy potato skin, bake as is. For a softer potato skin, rub potato with vegetable oil or wrap in foil.

1. Wash and dry potatoes of the same size.
2. Poke one or two times with a fork or knife.
3. Set potatoes directly on oven rack or in a casserole dish.
4. Bake at 350 degrees for 60 minutes or at 400 degrees for 40 minutes.
5. For a quicker baked potato, bake 20 to 30 minutes in the oven and finish in the microwave. For the quickest baked potato, cook entirely in the microwave.



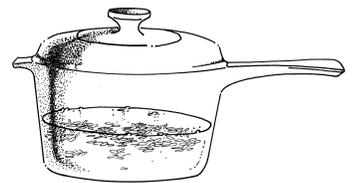
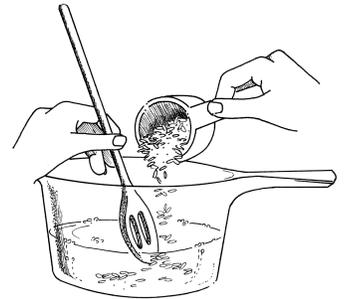
And Don't Forget Rice

Rice:

Fluffy rice easily can become a family favorite. Use this cooking method for long or short grain rice, converted rice and brown rice.

For fluffy rice, it is important to measure rice and water accurately.

1. Bring 2 cups of water to a boil.
2. Add 1 cup of rice and stir.
3. Reduce heat to low, and cover pan.
4. Cook for 20 to 25 minutes without lifting the lid.
5. To test if rice is done, pinch a grain. If the center isn't hard, the rice is done.
6. If rice is not tender, add a couple of tablespoons of water and cook a little longer. If there is too much moisture left in the pan, increase heat to medium and cook a little longer.
7. Fluff rice with a fork and flavor with salt and pepper.

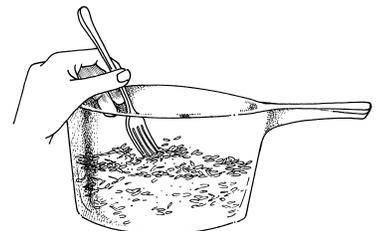


Rice Arithmetic: 1 part rice plus 2 parts water = 3 parts rice.

$\frac{1}{2}$ half cup of rice plus 1 cup of water = 1 $\frac{1}{2}$ cups of rice

$\frac{3}{4}$ cups rice plus 1 $\frac{1}{2}$ cups water = 2 $\frac{1}{4}$ cups rice

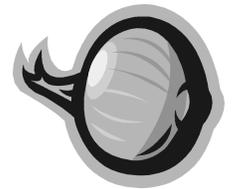
1 cup of rice plus 2 cups of water = 3 cups of rice



North Dakota Department of Health
Division of Maternal and Child Health



QUICK TIPS



POTATOES & RICE

Three ideas for leftover mashed potatoes:

1. Form mashed potatoes into balls around a cube of cheese. Roll in Parmesan cheese or crumbs and broil until golden brown.
2. To 1 cup of mashed potatoes, add one egg and shape into patties. Fry in margarine until brown on both sides.
3. Heat leftover mashed potatoes in a microwave or the top part of a double boiler. Add a little more milk and cover while heating. After heated through, re-fluff by stirring.

If you can't remember what you are out of when you get to the grocery store, put a magnet-backed notepad and pencil on a string on your refrigerator. Write down ingredients as you run out.

Mashed potatoes stay hot in a covered pan for up to an hour. Mash them, pour on a thin layer of milk and cover. Put them at the back of stove while you finish preparing the rest of the meal. When ready to serve, stir the milk into the potatoes.

For a new taste, instead of using water to cook rice, try chicken broth, orange juice or tomato juice.

If you like the convenience of prepackaged rice mixes but find the flavor too strong, add one-half cup of regular dry rice (not instant) and cook as directed on the package. Don't add more water or more seasoning. If prepackaged dry potato mix is also too strong, add a thinly sliced or cubed raw potato(s) and cook as directed on the package.

Season a cast-iron pan before using it by brushing the inside with vegetable oil, adding an extra tablespoon of oil to the pan, and heating for one hour either on top of the stove on low or in the oven at 250 degrees.

To help remove stuck-on food from pots and pans, soak them in hot soapy water. However, if the pan has egg or egg-based food stuck on, soak the pan in cold water.

If the scent of garlic or onion is lingering on a cutting board, scrub the board with one-half of a freshly cut lemon.

Quick Tips for Potato Eaters

Potatoes are almost fat free. A medium potato has about the same number of calories as a medium apple or a slice of bread. Their bad reputation comes not from the potato, but from the company they keep.

Choose Your Topping Carefully!

- ◆ 100 calories 1 tbs. Butter or margarine
- ◆ 50 calories 1 tbs. Light margarine or ranch dressing
- ◆ 40 calories 1 tbs. Light ranch dressing
- ◆ 30 calories 1 tbs. Sour cream or shredded cheddar cheese
- ◆ 25 calories 1 tbs. Bacon bits
- ◆ 20 calories 1 tbs. Low-fat sour cream or fat-free ranch dressing
- ◆ 15 calories 1 tbs. Fat-free sour cream
- ◆ 10 calories 1 tbs. Yogurt

Enjoy Hot and Fluffy Baked Potatoes with a Choice of Toppings!

- ◆ Herbs and spices such as parsley, thyme or chives
- ◆ Chili (recipe on page 60 of *Basic Shelf Cookbook*)
- ◆ Salsa
- ◆ Cheese sauce (recipe on page 22 of *Basic Shelf Cookbook*)
- ◆ Cheese sauce and broccoli
- ◆ BLT potato – Crumbled bacon, shredded lettuce and chopped tomatoes
- ◆ Tex-Mex potato – Thin strips of broiled or grilled chicken with salsa
- ◆ Pizza potato – Pizza sauce, sliced mushroom, sliced olives and shredded mozzarella cheese
- ◆ Lite and lemony – Dried chives, coarsely ground pepper and lemon juice

Potatoes and More Potatoes

Oh, and Rice Too

Thin Fries (Serve with hamburgers and sliced tomatoes and pickles.)

4 medium white potatoes
2 teaspoons oil
Seasoned salt or paprika

1. Preheat oven to 450 degrees
2. Cut potato in ¼ inch thick strips.
3. Put potato strips in ice water.
4. Drain and pat dry on a towel.
5. In a bowl, sprinkle potatoes with oil and seasoned salt or paprika.
6. Spread potatoes on a cookie sheet or jellyroll pan.
7. Bake for 30-40 minutes, turning once or twice until gold brown and tender.

Potato Pancakes (Serve with applesauce and ham on the side.)

¼ cup milk ¼ cup flour
2 eggs ¼ tsp. baking powder
1 tsp. salt 2 cups raw cubed potatoes

1. Put ingredients into blender or food processor in the order listed.
2. Blend on high until potatoes are grated, about 5 seconds.
3. Heat griddle on medium, spray with nonstick vegetable spray.
4. Pour about ¼ cup batter on griddle.
5. When brown on one side, turn to brown the second side.
6. Make about 8-10 pancakes.

Quick Company Potatoes (for any special meal)

Potatoes Fat-free Italian dressing
Cheese, any kind

1. Using a round red potato, slice thinly, but not all the way through.
2. Pour fat-free Italian dressing over until potatoes are well coated.
3. Bake in a covered dish until done (about one hour). Sprinkle with any kind of grated cheese and bake 5 minutes more.

Scalloped Potatoes (Guaranteed not to curdle. Serve with green beans, a tossed salad and biscuits.)

4 medium potatoes, thinly sliced
½ medium onion, thinly sliced
8 ounces ham or turkey ham (optional)
1 10-ounce can of cream of mushroom or celery soup
½ soup can of water or milk
¼ teaspoon pepper

1. Heat oven to 350 degrees.
2. Grease 1 ½ quart casserole or baking pan.
3. If using ham, cut into 1-inch cubes.
4. Layer sliced potatoes, onion and cubed ham.
5. In a separate bowl, combine soup, water or milk, and pepper.
6. Pour soup mixture over potatoes.
7. Cover the casserole (or use foil) .
8. Bake for 1 hour.
9. Take the cover or foil off and bake 30 minutes more.
10. Makes 4 servings.

Potato Pizza (A meal by itself)

½ pound lean ground beef
5-6 medium raw potatoes
1 15-ounce can pizza sauce
½ cup grated Parmesan cheese
1 10-ounce can cheddar cheese soup
½ cup shredded mozzarella cheese

1. Heat oven to 350 degrees.
2. Brown ground beef and drain off fat.
3. Scrub potatoes and thinly slice; leave skins on .
4. Place potato slices in bottom of 9 x 13- inch pan.
5. Cover potatoes with cheddar cheese soup and ground beef.
6. Pour pizza sauce over meat and potatoes.
7. Bake for 45 minutes.
8. Sprinkle with cheeses and bake additional 15 minutes.

Potato Lasagna (Potatoes take the place of the lasagna noodles. Just add a salad and piece of bread for a complete meal.)

4-5 medium raw potatoes
½ medium onion, chopped
1 15-ounce can tomato or spaghetti sauce
1 cup shredded mozzarella cheese
2 pounds lean ground beef
1 10-ounce can cheddar cheese soup
¼ teaspoon oregano

1. Heat oven to 350 degrees.
2. Line a 9 x 13-inch pan with 2 layers of potatoes.
3. Brown ground beef and drain.
4. Add onion and soup to ground beef and pour over potatoes.
5. Spread sauce over mixture and sprinkle with oregano.
6. Cover with foil. Bake 1¼ hours.
7. Uncover and cover with mozzarella cheese. Bake for 5 minutes more.

Hot Potato Salad

4 slices bacon
1 medium onion, sliced
1 clove of garlic, minced (optional)
4 medium potatoes, sliced
¾ cup water
½ teaspoon salt
¼ cup bottled Italian dressing
(may use fat-free dressing)

1. In a skillet, cook bacon until crisp. Drain on a paper towel. Crumble bacon.
2. Keep 1 tablespoon of bacon grease; discard the rest.
3. In the bacon fat, brown the onion and garlic.
4. Stir in the potatoes, water and salt.
5. Cover and simmer 10-15 minutes or until potatoes are just tender. Don't overcook.
6. Drain off any liquid. Gently combine potatoes, salad dressing and bacon.
7. Serve immediately.

Chicken and Rice (Just add a salad.)

½ cup chopped celery
1 small onion, finely chopped
2 teaspoons cooking oil
1 ½ cups cooked chicken, cut into 1-inch cubes
1 cup frozen vegetables (try California blend or mixed vegetables)
1 cup chicken broth made from bouillon cube or granules
½ cup uncooked rice
4-ounce can mushrooms (optional)

1. Heat oven to 350 degrees.
2. Heat cooking oil in a skillet.
3. Cook celery and onion until tender.
4. Combine with chicken, vegetables, broth, rice and mushrooms in a casserole.
5. Bake for ½ hour or until rice is done.

Rice Pilaf (Serve with baked fish and steamed broccoli.)

1 cup uncooked rice
1 small onion, chopped
1 stalk of celery, chopped
1 10-ounce can onion soup
¾ cup chicken broth – made from a bouillon cube or granules
½ tablespoon parsley flakes

1. Preheat oven to 350 degrees.
2. Cook the onion and celery in a small amount of the chicken broth until tender.
3. Add all the other ingredients.
4. Pour into a lightly greased baking dish. Cover. If using white rice, cook for about 1 ½ hours. If using brown rice, cook about 1 ¾ to 2 hours.

Fruit and Rice Pudding

1 small can pineapple chunks
1 small can mandarin orange slices
1 small package instant pudding (vanilla or pistachio)
½ cup sliced seedless grapes
¾ cup cold cooked rice

1. Drain the fruit and save the liquid.
2. Mix this liquid with enough orange or apple juice to make 1 ½ cups liquid.
3. Mix this liquid into the instant pudding.
4. Stir in the fruit and rice.
5. Refrigerate until chilled..