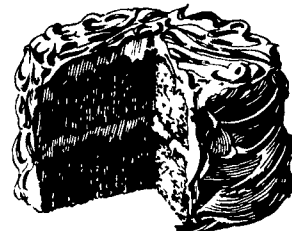


Home On The Range



Potatoes

In The Spotlight

The potato provides good nutritional return for the calories. Our need for calories has decreased by one-third since the turn of the century because we aren't as active, yet we still need the same nutrients. Potatoes give us a wide spectrum of valuable nutrients. They are one of our most important sources of complex carbohydrates which provide vitamins and trace minerals. Potatoes are an excellent source of vitamin C and several B vitamins, thiamin, niacin and hard-to-get B-6, copper, magnesium and small amounts of iron and vegetable protein.

The traditional mashed potato and other styles that require peeling have long been the mainstay for the family diet. Although flavorful, they sometimes hinder busy cooks who don't want to bother with peeling potatoes. Today, there are many easy to fix potato recipes that require a minimum amount of preparation and few ingredients. Besides the standard baked potato, scooped out versions and casseroles that use potatoes with their skins, there are endless toppings to dress up potatoes. Here are some ideas from The Potato Board in Denver, Colorado.

Potato Florentine — Combine 6 ounces spinach and 4 ounces white sauce in pan. Heat thoroughly. Spread open hot, baked potato, and shape gently to form a flat surface. Put butter in potato. Add creamed spinach. Top with 2 ounces grated Swiss cheese. (Serves 1).

SLIM STUFF TOPPING — In a small bowl beat 1/2 cup cottage cheese until smooth. Add 1/2 teaspoon parsley, 1/4 teaspoon chives, dill weed, salt and pepper as desired; mix well. Spoon topping over baked potato. (Serves 2).

REUBEN POTATO — Spread open hot, baked potato and shape gently to form flat surface. Place butter in potato. Layer sour cream, sauerkraut, corned beef julienne and grated Swiss cheese over potato.

POTATO ITALIANO — Use your favorite pizza sauce recipe. Layer the pepperoni, sliced mushrooms and black olives on potato. Top with mozzarella cheese.

HERBED YOGURT SAUCE — Combine 3 teaspoons plain yogurt, 1-2 teaspoons minced onion, 1 teaspoon minced parsley, 2 teaspoons vinegar and a dash of papri-

ka. Blend and dollop on a slit baked potato.

SCALLOPED POTATOES
2 pounds package of frozen hash brown potatoes, thawed
1 can cream of chicken soup
1 pint sour cream
1/2 cup melted butter
2 cups grated cheddar cheese
Salt and pepper to taste

Mix together all ingredients and put into a 13x9-inch pan. Crush 2 cups of corn flake cereal and mix with 1/4 cup melted butter. Sprinkle over potatoes. Bake until hot and bubbly for approximately 45 minutes at 350 degrees.

Elaine N. McKlveen
Ligonier

VOLCANO POTATOES
4-5 medium potatoes, pared
1/4 cup hot milk
1/2 cup whipping cream, whipped
1/2 cup shredded sharp process cheese

Cook, drain, and mash potatoes. Season with salt and pepper. Add enough hot milk to whip light. Pile into greased 8-inch round baking dish, mounding into a volcano shape. Make a "crater" in center. Fold cheese into whipped cream. Pour over top. Bake at 350 degrees about 20 minutes or until lightly browned. Makes 6 servings.

Rebecca Sonnen
PA Dairy Princess

POTATO PIZZA BAKE
1 pound ground beef
4 cups thinly sliced potatoes
1 medium onion, chopped
1 can cheddar cheese soup
1 soup can milk
1 can (15-ounce) tomato sauce
Salt and pepper to taste
1/2 teaspoon oregano
1/2 teaspoon sugar
6 ounces mozzarella cheese
1/2 cup Parmesan cheese

Brown ground beef in pan. Place potatoes and onion in baking dish; add meat. Mix soup and milk and combine tomato sauce, salt, pepper, oregano and sugar. Pour on top. DO NOT STIR. Dot with butter. Bake, covered at 375 degrees for 1 hour. Remove from oven and arrange cheese on top. Return to oven uncovered for about 15 minutes until cheese is melted.

Frances Weaver
Manheim



One dish that is becoming increasingly popular is baked potato skins stuffed with vegetables and topped with a variety of sauces.

DAIRY POTATO CASSEROLE
2 pounds jacket boiled potatoes, peeled and chopped
4 tablespoons melted butter
1 teaspoon salt
1/4 teaspoon pepper
1 pint sour cream
10 ounces (2 cups) grated sharp Cheddar cheese
1/2 cup chopped onion
1 can cream of chicken soup, undiluted
2 cups crushed cornflakes mixed with 1/4 cup melted butter.

Combine potatoes and butter in large mixing bowl. Add salt, pepper, onion, soup, sour cream and cheese. Blend thoroughly. Pour into greased 9x13-inch casserole. Cover with crushed cornflakes mixed with melted butter. Bake at 350 degrees for 45 minutes.

Junia E. Laughery
Crawford Co. Dairy Princess

DRESSED SPARE RIBS
2 cups mashed potatoes or sweet potatoes
1 cup rice, cooked
Salt and pepper to taste
2 tablespoons butter
1 1/2 pound spare ribs
1/2 cups water

Stir together potatoes and rice. Add seasonings and butter. Brown the spare ribs in a Dutch oven. Cover half of the spare ribs with a thick layer of dressing, then place other half on top.

Add 1/2 cup water. Cover and cook slowly for 1 1/2 to 2 hours.

Betty Biehl
Mertztown

SHREDDED CHEESE POTATOES

6 potatoes
2 cups cheese
1/2 cup butter
1 cup milk
1/4 cup onion
1 teaspoon salt
Dash of pepper

Boil potatoes in skins. Cool. Peel and shred potatoes. Melt cheese and butter together; add to rest of ingredients. Bake at 350 degrees for 1/2 hour.

Sandra Nolt
Quarryville

POTATO-TOMATO TART
2 medium potatoes, washed and thinly sliced
1/2 cup spiced mustard
1 pound part-skim mozzarella cheese, thinly sliced
9 medium tomatoes, thinly sliced
1 teaspoon oregano, dried
1 tablespoon finely chopped garlic
Salt and pepper to taste
2 tablespoons virgin olive oil

Spray a large skillet with nonstick spray coating. Add potatoes and cook covered, over medium-low heat, until tender (10 to 15 minutes). Remove from heat. Pre-heat oven to 375 degrees.

Spray a 9-inch tart pan (removable sides) with nonstick spray coating. Arrange potato slices over bottom and around the sides of the dish, overlapping potatoes to form a decorative edge. Evenly brush the mustard over the bottom layer of potatoes, and top with the mozzarella slices, covering the bottom completely.

Beginning at the outer edge, make a layered overlapping row of tomato slices. Make a second row, and then fill the center with a final circle of tomatoes. Sprinkle the top evenly with the oregano and garlic. Season to taste with salt and pepper. Drizzle with oil.

Cover edges of tart with foil.

Place tart on a cookie sheet and bake for 20 minutes at 375 degrees. Remove foil and bake 20 minutes more. Let stand for 5 minutes after removing from oven. Serve as a main lite course with a crisp salad.

Katherine S. Wilson

POTATOES A LA JACK
6 cups prepared mashed potatoes
1/2 cup butter, softened
2 3-ounce packages cream cheese, softened
1/2 cup grated Parmesan cheese
1/2 cup shredded Cheddar cheese
1/4 cup chopped scallions
1/2 cup chopped green pepper
1 2-ounce can pimento, drained and diced

Prepare mashed potatoes without butter. Turn into large bowl; add butter and cheeses. Beat until well blended. Add scallions, green pepper and pimento; mix well. Turn into 2-quart casserole; refrigerate for several hours for flavors to blend. Bake in preheated 350 degree oven for 1 hour or until thoroughly heated. Garnish with parsley. Yield: 8 to 12 servings.

Jenny Bigelow
Blair Co. Dairy Princess

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

Feb.

13-

Treats for Sweethearts

20-

Lamb

27-

Low Cholesterol Recipes

Featured Recipe

This week's featured recipe comes from Lois Keller, Lititz. Lois and her husband Bob farm 235 acres, raise 400 steers and 68,000 layers.

It's no wonder that one of Lois' favorite recipes includes lots of eggs for high protein.

Enjoy this easy to make recipe. To learn more about the Kellers, look for their story in this section.

Eggs Supreme

12 pieces bread
1 dozen eggs
4 cups milk
6 slices white American cheese
1 can mushroom soup mixed with 1/2 cup milk
1 can spam, chopped

Place a double layer of bread in a 9x13x2-inch pan. Mix eggs and milk together & pour over bread. Layer white American cheese over top of egg mixture. Spread the soup mixture on top of cheese slices. Scatter chopped spam on top. Bake at 350 degrees for 1 hour. The recipe can be made and refrigerated over night before baking.