

Home on the Range

Potatoes Sprout Tasty Pleasures

Although the potato appears to be a bulky vegetable, it is 80 percent water. The potato is a nutrient dense food because it provides good nutritional return for its calories.

The potato is an important source of complex carbohydrates, vitamin C and B6, trace elements of manganese, chromium, selenium, and molybdenum. The potato supplies about 20 percent of people's daily potassium needs.

Not only is the potato a healthful choice, it tastes delicious and can be prepared in hundreds of ways. Here are a few delicious ideas from our readers.

POTATO BACON SOUP

4 cups diced potatoes
 1/2 cup diced onions
 10-ounce can chicken broth
 6 slices bacon, cooked, crumbled

1 cup cottage cheese
 1/2 teaspoon salt
 1/2 cup chopped celery
 2 cups milk
 1/2 teaspoon pepper

In large pot, cook vegetables until tender. Remove one cup vegetables and add 1 cup cottage cheese and place in blender. Blend until smooth. Add blended mixture to pan, then add 2 cups milk, 1/2 teaspoon salt (optional), 1/2 teaspoon pepper, 6 slices cooked and crumbled bacon, 2 teaspoon bacon grease for flavor (optional). Heat through and serve right away. Serves 4-6.

Jennifer Davis
 Berks Co. Dairy Princess

POTATO CASSEROLE

2 pounds frozen hash browns or tater tots (thawed)
 1/2 cup butter, melted
 1/2 teaspoon pepper
 1/2 cup green pepper (chopped)
 1 pint sour cream
 2 cups cheddar cheese (grated)
 1 teaspoon salt
 1/2 cup onion, chopped

1 can cream of celery soup
 Blend all ingredients except potatoes, then fold them into the mixture. Pour into 9x13-inch pan. Top with bread crumbs and 1/2 cup melted butter. Bake at 350 degrees for one hour, covered, then 30 minutes uncovered. Serves 10-12.

Jennifer Davis
 Berks Co. Dairy Princess

CHEESY POTATOES

3 cups mashed potatoes
 1/2 cup milk
 1/2 cup butter
 1/2 cup parmesan cheese
 Salt and pepper to taste
 Mash potatoes with milk, butter, salt and pepper until creamy. Put in 9-inch glass pie dish. Sprinkle with parmesan. Bake at 350 degrees until golden. Approximately 20 minutes. Serve as side dish with meat. Serves 6.

Jennifer Davis
 Berks Co. Dairy Princess

OVEN GRATIN POTATOES

3 large potatoes, peeled, sliced, and placed in cold water
 1/2 teaspoon savory
 1/2 teaspoon cayenne pepper
 1/2 teaspoon white pepper
 1 tablespoon chopped fresh parsley

1 garlic clove, peeled
 2 eggs, beaten
 1/2 cup milk
 1/2 cup heavy cream
 Salt
 Butter

Preheat oven to 350 degrees. Drain potatoes and dry slices well. Place in bowl.

Mix savory, cayenne pepper, white pepper, and parsley together. Add to potatoes and mix.

Rub baking dish with garlic clove. Butter dish generously and arrange potato slices in layers. Season with salt. Mix eggs, milk, and cream together. Pour over potatoes. Bake in oven 40 to 50 minutes. Serves 4.

Lisa Sparr
 Upper Falls, Md.

POTATO CAKES

2 cups mashed potatoes
 1/2 cup finely chopped onion
 2 tablespoons flour
 Salt and pepper to taste
 2 medium eggs
 Oil for frying
 In a medium bowl, mix all ingredients, except oil for frying. Spoon into frying pan over medium heat until lightly browned on both sides.

Makes 6 to 8 individual potato cakes.

B. Light
 Lebanon



Potatoes are adaptable to almost every flavor and combination in casserole dishes.

COTTAGE FRIES

4 medium potatoes, washed, peeled
 3 tablespoons butter
 Salt and pepper

Slice potatoes. Melt butter in heavy 10-inch skillet. Add potatoes. Cover and cook on low heat 15 minutes. Remove cover. Increase heat slightly and cook 10 minutes, or until brown and crispy on bottom. Sprinkle with salt and pepper. Serve immediately.

B. Light
 Lebanon

CHEDDAR POTATO CASSEROLE

3 cups mashed potatoes
 1 cup shredded Cheddar
 1/2 cup small green pepper
 Salt to taste
 4 eggs, separated
 1 tablespoon green onion
 1/2 teaspoon celery
 Paprika

Prepare mashed potatoes as you normally do or use leftover normally potatoes. Bring to room temperature if you use leftovers. Beat egg yolks into potatoes until well mixed. Stir in cheese, onion, green pepper, and celery salt. Whip egg whites into soft peaks and fold into potato mixture. Spoon into well-buttered 1 1/2-quart casserole. Sprinkle with paprika. Bake at 375 degrees for 25-30 minutes.

Sarah Clark
 Brezewood

Featured Recipe

Angie Mummert, York County Dairy Princess, says "Dairy products have many nutritious benefits, and can be used in several different ways. Here are a few recipes that are just right for February, which is Cherry Month."

CHERRY BAVARIAN

2 envelopes unflavored gelatin
 1 1/2 cups sugar
 1 1/2 cups boiling water
 2 teaspoons vanilla
 2 cups whipped cream
 2 cups sour cream
 fruit sauce topping (cherry) or other fruits may be used

Combine gelatin and sugar. Add boiling water and stir until dissolved. Blend in sour cream and vanilla. Chill until slightly thickened. Blend in whipped cream. Top with fruit or pie filling. Chill and serve. Fills a large bowl.

CHERRY ICE CREAM PIE

Crust:
 1 1/2 cups vanilla wafer crumbs
 2 tablespoons sugar
 4 tablespoons butter, melted
 1 teaspoon almond extract

Filling:
 1 quart vanilla ice cream
 1 21 ounce can cherry pie filling
 2 tablespoons heavy sweet cream
 2 tablespoons Confectioner's sugar
 1/2 teaspoon vanilla
 Toasted slice almonds

For crust, mix together crumbs and sugar. Stir in butter and almond extract. Press mixture firmly and evenly against bottom and sides of a 9" pie pan. Bake at 350°F for 5 minutes. Cool and chill in freezer. For filling, spoon softened ice cream into crust, alternating 1 cup of cherry pie filling with ice cream. Return to freezer to harden. About 10 minutes before serving, remove pie from freezer in order to soften slightly. Meanwhile, whip cream until almost stiff; add Confectioner's sugar and vanilla; continue beating until stiff. Gently fold in remaining pie filling. Spread on top of pie with this mixture. Decorate with almonds.

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 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

March

- 2- National Nutrition Month
- 9- Peanuts and Other Nuts
- 16- Doughnuts
- 23- Fruit and Nut Breads