

Home on the Range

Potatoes America's Favorite Vegetable

No doubt about it — America's favorite vegetable is the potato.

It's the vegetable your mother didn't need to coax you to eat.

From side dishes, to snacks, to entrees, potatoes offer unlimited possibilities.

The scoop on the spud is this: They're virtually free of fat, sodium, and cholesterol, only about 120 calories each, and packed with potassium and vitamin C.

When baked, broiled, boiled, roasted or even grilled, potatoes can still be low in fat and calories, but high in flavor and energy.

Seasonings and flavorings are perfect partners for potatoes. Here are some versatile recipes to get you started.

MUSTARD POTATOES

8-9 potatoes, peeled, diced
1 small onion, chopped
2½ cups milk
1 teaspoon salt
½ teaspoon seasoned salt
¼ teaspoon pepper
2 teaspoons ground mustard
2 tablespoons grated parmesan cheese

In a greased 13x9-inch baking dish, combine potatoes and onion. Mix remaining ingredients; pour over potatoes. Bake uncovered at 350 degrees for one hour or until potatoes are tender.

Jolene Martin
Lititz

POTATO BACON CHOWDER

6-8 slices bacon, fried, drained, crumbled
1 cup chopped onion, sauteed in butter, drained

1 cup water
1 can (10½-ounces) creamy chicken soup
1¼ cups milk
½ teaspoon salt
Dash pepper
2 tablespoons chopped parsley

2 cups potatoes, cooked, cubed

1 cup sour cream
Fry bacon. Drain well and crumble into small pieces. In a saucepan, saute onion in butter until yellow colored. Drain well. Mix water, soup, and milk. Add salt, parsley, bacon, and onion. Add skinned and cubed potatoes. Bring to a boil, cover and simmer 10-15 minutes. Add sour cream last. Do not boil after adding sour cream. Serves 6-8.

Melissa Olson
Marion Center

BASIL SCALLOPED POTATOES

Vegetable cooking spray
2 cloves garlic, minced
¾ cup skim milk, divided
1 tablespoon flour
¾ cup evaporated skim milk
2 tablespoons chopped fresh basil

¼ teaspoon salt
¼ teaspoon dried crushed red pepper
⅛ teaspoon ground white pepper

4 cups peeled, thinly sliced baking potatoes
½ cup shredded Gruyere cheese
2 tablespoons freshly grated parmesan cheese

Coat a large saucepan with cooking spray; place over medium-high heat until hot. Add garlic, and saute until tender.

Combine ¼ cup skim milk and flour, stir with wire whisk until smooth. Add flour mixture to garlic; cook, stirring constantly, one minute or until mixture thickens. Gradually add remaining half cup skim milk, evaporated milk, and next four ingredients. Bring to a boil, stirring constantly. Add potato.

Spoon half of mixture into an 8x11½-inch baking dish and top with cooking spray. Top with half of Gruyere cheese. Repeat layers. Sprinkle with parmesan cheese. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 15 additional minutes. Let stand 10 minutes before serving.

Yield: 6 (½ cup) servings (160 calories per serving).

Amanda Grossman
Chester Co. Dairy Princess

SCALLOPED POTATOES

4 cups peeled, sliced potatoes
3 tablespoons flour
½-1 teaspoon salt
2 cups milk
2-3 tablespoons parsley
⅛ teaspoon pepper
3 tablespoons butter

Mix together flour, salt, pepper, and parsley. Add milk and shake. Put in saucepan, add butter, bring to boil, stirring constantly until thick. Remove from heat. Place half of potatoes in 2-quart casserole dish. Pour half of cooked mixture over potatoes. Add remaining potatoes and pour mixture over them. Cover and bake at 350 degrees for one hour. Serves 4-6.

Amanda Martin
Lebanon Co. Dairy Princess



From side dishes to snacks to center-stage entrees, potatoes populate our diet. Seasonings and flavorings are perfect partners for potatoes. Mashed potatoes can be dressed up by adding cheese crumbles, sour cream, chives, and other seasonings. Making potato salad has never been easier than Oven-Roasted Potato Salad, this week's featured recipe.

HERBED POTATO WEDGES

1 large baking potato, sliced into wedges
Olive oil
½ teaspoon lemon pepper blend seasoning

Scrub potato and slice into wedges (leaving skin on). Brush with olive oil and sprinkle with lemon pepper blend seasoning to coat each side. Bake on a cookie sheet in a 350 degree oven for 30 minutes or until done. Serves 2.

FESTIVE POTATOES

1¾ pounds baking potatoes, peeled
½ cup grated onion
2 tablespoons butter, melted
2 large eggs, lightly beaten
½ cup warm milk
⅓ cup ground almonds
½ cup shredded cheddar or Colby cheese

½ teaspoon salt
⅛ teaspoon ground nutmeg
Dash pepper
¼ cup sliced almonds, as garnish

2 tablespoons butter
In a 3-quart saucepan, cook potatoes in boiling, salted water until very tender. Drain well.

Preheat oven to 400 degrees. Butter a shallow 1½-quart baking dish.

Mash potatoes until no lumps remain. Stir in onion, melted butter, and eggs. Gradually add milk to mixture, beating until fluffy. Stir in ground almonds, cheese, salt, nutmeg, and pepper until blended. Spoon into baking dish. Sprinkle sliced almonds on top. Dot with pieces of butter.

Bake 22-25 minutes or until very hot and top is golden brown. Makes 6 to 8 servings.

Ashley Carper
Huntingdon Co. Dairy Princess

Featured Recipe

The average American eats more than 124 pounds of potatoes annually. The part of the potato we eat grows underground, but it is not a root. The potato is an enlarged part of an underground stem known as the tuber. If allowed to sprout, the potato can grow many new tubers each year.

The potato is so versatile that it lends itself to a variety of creative recipes that are fun, economical, and delicious to taste. Although French fries top the list of favorites, many other ways to prepare a potato exist. Bake it, boil it, grill it, freeze it, fry it, hash it or mash it to prepare dishes for every occasion.

Today's feature is a novel recipe for potato salad, which is easy and tasty when baked in the oven.

For more delicious recipes, write for the free 16-page "Recipe Favorites from the Colorado Potato Kitchens." Send your request to Colorado Potato Recipes, 80 Piedra Rd., Suite 206, Pagosa Springs, CO 81147.

OVEN-ROASTED POTATO SALAD

2 pounds potatoes
1 tablespoon olive oil
½ cup olive oil
3 tablespoons balsamic vinegar
1 teaspoon dill weed
½ tablespoons Dijon mustard
½ teaspoons anchovy paste
1 green onion, chopped
1 tablespoons fresh parsley, chopped
½ teaspoon salt
½ teaspoon black pepper
2 tablespoons parmesan cheese

Preheat oven to 350 degrees. Wash, peel, and cut potatoes into 1-inch cubes, toss with the tablespoon of olive oil, and place in a shallow dish or cake pan. Place the potatoes in a preheated oven and roast until tender, about 40 minutes, turning occasionally. While the potatoes are roasting, combine the remaining ingredients, except for parmesan cheese, in a small mixing bowl and mix thoroughly. When potatoes are tender, remove from oven and transfer to an appropriate size serving dish. Allow to cool to lukewarm. Once the potatoes have cooled, toss with dressing, garnish with parmesan cheese and serve immediately.

Makes 5 cups.

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

March
4 - National Nutrition Month
11 - Nutty Recipes With Appeal
18 - Scones, Biscuits & Specialty Breads
25 - Citrus Uses