



# Home on the Range



## Potatoes For Every Taste

### GOURMET TWICE-BAKED POTATOES

4 potatoes - 2½ lb.  
¼ cup butter  
½ teaspoon garlic powder  
¼ to ½ cup milk, or as much as needed

3 ounces cream cheese  
2 tablespoons minced onion  
2 tablespoons parsley  
1 cup shredded cheddar cheese  
paprika

Bake potatoes till soft, about an hour. Cut in half lengthwise and scoop out middles and mash with next six ingredients. Pile into shells, top with cheese and paprika. Return to oven until cheese is melted.

Vera Jane Newswanger  
Morgantown

### GRANNY'S YUMMY SCALLOPED POTATOES

10 medium potatoes  
1 can (10.5 ounce) cream of chicken soup  
½ cup chopped onions  
¼ cup butter or margarine  
1 cup sour cream  
1 cup milk  
8 ounces or 2 cups cheddar cheese

Topping:  
2 tablespoons butter  
2 cups cornflakes, crushed

Boil potatoes, slice or grate. Heat butter and soup. Add onions and cheese. Cook until melted. Remove from heat and add sour cream and milk. Add to potatoes. Spread in baking dish. Add topping and bake at 350° for 30 minutes or until bubbly.

Vera Jane Newswanger  
Morgantown

### TEXAS TATER BUFFET

¾ cup canned refried beans  
3 tablespoons bottled salsa  
½ cup dairy sour cream  
4 tablespoons taco seasoning mix

½ of a 6 ounce container frozen avocado dip, thawed

¾ pound ground beef  
Assorted toppings:  
chopped raw tomatoes  
sliced chili peppers  
sliced pitted ripe olives  
sliced green onions  
shredded Cheddar or Monterey Jack cheese

Mrs. Eugene Hostetter  
Spring Run

### PLAIN BAKED POTATO

Just Plain baked potatoes with toppings and I guess that seems endless. Serve with chopped cooked broccoli, diced cooked ham, with a medium white cheese sauce.

Also can be made with chili and diced raw tomatoes, corn

chips with grated cheese, barbeque with grated cheese. Serve with favorite salad dressing on top of cheese.

Mrs. Eugene Hostetter  
Spring Run

### MASHED POTATOES

4-5 large peeled and cut potatoes

Put potatoes in cold water and throw out the starch water. Cook in salted water and drain water and mash until no lumps.

1-2 cups milk warmed very hot  
1 tablespoon butter  
1 tablespoon cream cheese

Put milk in first a little at a time with butter and keep adding, beating on high. If you do this slowly, this will take a surprising amount of milk. Then add cream cheese. This you can make ahead and put in refrigerator over night or you can freeze it.

Mrs. Eugene Hostetter  
Spring Run

### GOURMET CHEESE POTATOES

6 medium potatoes, cooked in shells

1 cup shredded muenster or cheddar cheese  
2 tablespoons butter  
1 cup dairy sour cream or milk  
½ cup finely chopped onion  
½ teaspoon salt  
¼ teaspoon pepper  
paprika

Cook potatoes in water in a 3-quart saucepan or pressure cooker. Drain, cool slightly and peel and shred in bowl.

Combine cheese, melted butter, and potatoes with other ingredients. Bake at 350° oven for 30 minutes or put in refrigerator overnight and bake 30 minutes longer or put in crockpot on low heat until hot.

Carol Hostetter  
Spring Run

### COTTAGE POTATOES

10 large potatoes, cooked in jackets, peeled, cubed

½ pound Velveeta cheese, cubed

1 large onion, chopped  
¼ cup melted butter

1 green and red pepper, chopped

4 slices bread, broken into pieces

1 cup milk (approximately)  
salt and pepper to taste

crushed cornflakes

Mix together and put into large baking dish. Add enough milk to moisten, pour over top. Top with butter and cornflakes. Bake 45 minutes at 350°. Serves 12-15.

Carol Hostetter  
Spring Run

### CHEESE SCALLOPED POTATOES

7 cups potatoes, sliced  
1 cup onion, grated  
2 teaspoons salt  
1 cup water

Sauce:  
3 tablespoons butter  
2 tablespoons flour  
1 teaspoon salt  
¼ teaspoon pepper  
1½ cup milk  
1½ cup velveeta cheese

Peel potatoes. Cook potatoes in water for 5 minutes, cool and drain. Make a white sauce by melting butter, stirring in flour until smooth. Then add milk and cook until thickened. Stir in 1 cup of the cheese and add grated onions. Place in greased casserole dish. Sprinkle remaining ½ cup of cheese on top. Cover and bake for 30 minutes at 375°.

Becky Zimmerman  
Juniata County Dairy Princess

### CREAMY RED POTATOES

2 pounds small red potatoes, quartered, unpeeled

1 package (8 ounce) cream cheese, softened

1 can (10¾ ounce) condensed cream of potato soup, undiluted

1 envelope ranch salad dressing mix

Place potatoes in a slow cooker. In a small mixing bowl, beat cream cheese, soup, and salad dressing mix until blended. Stir into potatoes. Cover and cook on low for eight hours or until potatoes are tender. Yields four to six servings.

Becky Zimmerman  
Juniata County Dairy Princess

### EASY BEEF-POTATO CASSEROLE

1 large sweet onion, chopped (about 1 cup)

1-2 cloves garlic crushed

2 tablespoons oil

1 pound ground meat (beef, turkey, chicken, pork)

1 can (6 ounce) tomato paste

2 cups water

2 beef bouillon cubes

½ teaspoon salt

¼ teaspoon pepper

1 large bay leaf

1 32 ounce package of frozen potato cubes (southern-style hash browns)

chopped parsley

1-2 cups grated cheddar cheese  
In a large skillet saute onion and garlic in oil until tender. Add ground meat and cook until no longer pink—breaking up with a spoon. Drain very well. Add tomato paste, water, bouillon cubes, salt, pepper, bay leaf, and parsley. Bring to a boil and simmer on low, uncovered, for 10 minutes. Mixture will thicken slightly. Place potatoes in 3 quart casserole and top with meat mixture. Cover and bake at 350° for 45 minutes. Uncover, sprinkle cheese on top and return to oven to bake 15 minutes longer. Serves 6. Great with a green salad and good bread.

Deborah Goff  
Riegelsville

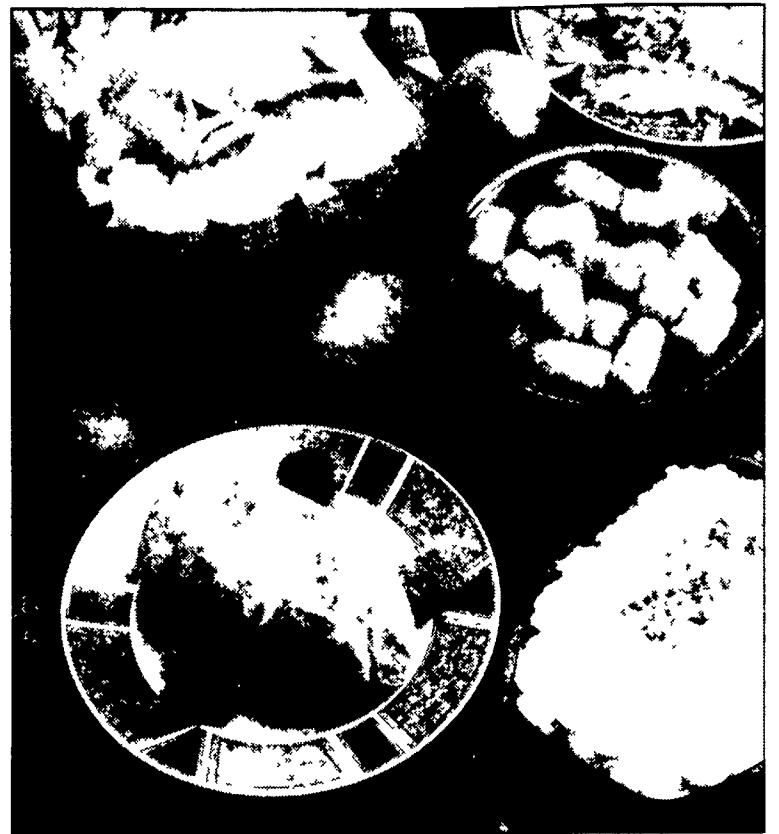
### POTATO-CHEESE CHOWDER

2 cups diced peeled potatoes

1 cup chopped onion

½ cup diced celery

(Turn to Page B7)



What vegetable is more versatile than a potato? Boiled, baked, mashed, riced, steamed, french fried or browned — whatever the method used — potato recipes abound to satisfy every taste.

## Featured Recipe

Potatoes are America's most popular vegetable, thanks to our love affair with french fries. Baked or boiled, a five-ounce potato is a good source of potassium and offers about 130 calories — not including butter or sour cream.

On the other hand, 10 french fries (frozen, home-prepared in the oven) will add about 420 calories to your meal. A half-cup of homemade mashed potatoes prepared with whole milk and butter has about 110 calories.

Whether or not you are concerned about calories, the potato is easily incorporated into any diet.

Here are a few tasty low to no calorie ideas to add flavor to your potato:

- Toasted sesame seeds
- Whipped butter and poppy seeds
- Spoonful of stewed tomatoes and a bit of grated cheese
- Melted butter thinned with lemon juice
- Mix of dried herbs: parsley, chives, basil, dill
- Mock sour cream (cottage cheese and lemon juice whipped in blender)
- Chopped onion with coarsely grated black pepper
- Chive-spiked yogurt

Potato skins are a popular restaurant appetizer, but you can make your own at home by following this recipe from the Potato Board.

### CRISP POTATO SKINS

6 medium potatoes (about 2 pounds)

¼ cup melted butter

1 teaspoon soy sauce

Preheat oven to 400 degrees. Scrub potatoes thoroughly and pierce each with a fork. Bake until potatoes are tender, about 45 minutes to 1 hour. Cook, then cut in quarters lengthwise and then in half crosswise to form eight sections. Scoop flesh from skins, leaving ⅛-inch shell. Reserve flesh for use in another recipe.

Increase oven temperature to 500 degrees. Mix together melted butter and soy sauce, and brush on both sides of the skins. Place skins on baking sheet and bake until crisp, about 10-12 minutes.

These can be made ahead and reheated in 400-degree oven for about 8 minutes. Serve sprinkled with coarse salt and top as desired.

Note: Uses for scooped potato pulp:

- Mash and season. Add your choice of chopped green pepper and tomato, sliced green onions or shredded cheese. Reheat in a casserole for tomorrow night's dinner.
- Add sauteed onion to potato. Use to fill an omelet.
- Make mashed potato salad using your favorite dressing.
- Mash and stir into soups to thicken.
- Season to taste and form into patties. Dust with flour and saute in butter until browned on both sides.

## Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

### March

- 8 — Nutty Recipes
- 15 — Favorite Suppers
- 22 — Springtime Desserts
- 29 — Ethnic Recipes