

Potato Tips

- Select firm potatoes free from wrinkles, green spots, bruises or sprouting. Sprouting is also known as eyes.
- Potatoes will keep for up to two months in a cool, dry, dark place that is well-ventilated. Do not refrigerate or wash potatoes before storing.
- Store potatoes away from onions – it causes both produce to ripen quickly and spoil.
- Do not store in the refrigerator, as the potato flesh will darken.
- Although they can freeze well when partially cooked as part of a stew or other prepared dish, do not freeze uncooked potatoes, as they turn rubbery.
- Always store cooked baked potatoes in the refrigerator. Don't eat cooked potatoes left on the counter overnight as they may be unsafe to eat due to foodborne bacteria.
- Potatoes are a powerhouse of nutrients, packed with vitamins B and C, folic acid, potassium, iron, and fiber.
- Potatoes are a healthy choice as they do not contain fat, cholesterol, or sodium, and just a ½ cup serving of cooked potato has 70 calories.
- Most nutrients are located below the skin, wash and avoid peeling whenever possible.

Potato and Egg Salad

Yield: 8 Servings

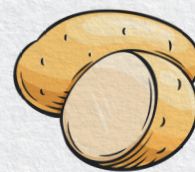
Time: 30 Minutes

Ingredients

- 8 red potatoes, cubed
- 5 hard cooked eggs, cooled & chopped
- ½ cup chopped red or white onion
- ½ cup chopped celery
- ¾ cup mayonnaise
- 1½ tablespoons spicy or yellow mustard
- Black pepper, to taste

Instructions

1. Place potatoes in a large saucepan and cover with water.
2. Bring to a boil. Cook covered until tender but still firm, about 8 to 10 minutes.
3. Drain potatoes and allow to cool (place in the refrigerator for about 10 minutes).
4. Combine potatoes, egg, onion and celery in a large bowl.
5. Stir in mayonnaise and mustard. Add black pepper to taste.



Source: <https://s3-us-west-2.amazonaws.com/wasnap-ed.org/wp-content/uploads/sites/35/2018/10/Farm-Fresh-Potatoes.pdf>





Potato Lasagna

Yield: 4-6 Servings

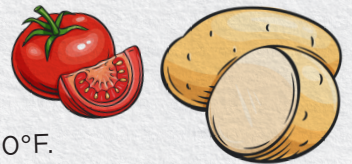
Time: 80 Minutes

Ingredients

- 1 egg
- 1 cup cottage cheese
- 1 cup spaghetti sauce
- 4 ounces shredded cheese
- ¼ cup grated Parmesan cheese
- 3 cups sliced baking potatoes
- 1 teaspoon oregano

Instructions

1. Preheat oven to 400°F.
2. Mix egg, cottage cheese, spaghetti sauce and cheeses.
3. Alternate layers of potatoes and sauce mixture in a baking dish. Sprinkle oregano on top.
4. Cover with foil and bake for 40 minutes. Uncover and bake for another 15 to 20 minutes or until golden brown.
5. Let cool for 5 minutes before serving. Freeze individual servings in plastic wrap for a quick and easy meal later.



Source: <https://s3-us-west-2.amazonaws.com/wasnap-ed.org/wp-content/uploads/sites/35/2018/10/Farm-Fresh-Potatoes.pdf>



Potato Cakes

Enjoy these potato cakes with fat-free sour cream or fat-free yogurt and chives.

Yield: 7 Servings

Time: 25 Minutes

Ingredients

- 2 cups potatoes (cold, mashed, made from instant potato flakes or homemade leftovers)
- ½ cup flour (all-purpose, unsifted)
- 2 tablespoons onion (finely chopped)
- 2 tablespoons vegetable oil

Instructions

1. Wash hands with soap and water.
2. Put mashed potatoes into a bowl.
3. Add flour and onion. Mix well.
4. Pat potato mixture on a lightly floured board until ½ inch thick.
5. Cut with a 3-inch round cutter.
6. Place on a baking sheet, cover and refrigerate until just before cooking.
7. Heat oil in a frying pan or griddle.
8. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/potato-cakes>

Sautéed Beet Greens

Don't throw away your beet greens! The leafy tops of beets can be so tasty. In this recipe, lemon juice, vegetable oil and seasonings give them a bold flavor profile.



Yield: 3 Servings

Time: 15 Minutes

Ingredients

- 2 teaspoons vegetable oil
- 4 cups chopped beet greens (2 bunches with stems removed)
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 teaspoon lemon juice
- ⅛ teaspoon red pepper flakes
- 1 pinch salt

Instructions

1. Wash hands with soap and water.
2. Heat oil in a medium-sized pan over medium heat.
3. Add the beet greens and garlic to the pan. Stir until just wilted, then reduce the heat to low and stir occasionally until soft, about 5 to 8 minutes.
4. Stir in lemon juice, red pepper flakes and salt. Serve right away or use it in another recipe.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sauteed-beet-greens>



Washington Apple Energy Balls

A perfect pick-me-up snack for any time of the day!

Yield: 4 Servings

Time: 10 Minutes

Ingredients

- 1 Washington apple (Gala), peeled and sliced
- 1 cup oat flakes, slightly toasted
- 10 pieces dates soaked in hot water
- ¼ teaspoon cinnamon powder

Instructions

1. Combine apple, half cup of oat flakes, dates and cinnamon powder in a food processor. Process until the mixture turns into a sticky dough.
2. Scoop into 1-tablespoon portions and roll into balls. Roll the balls in the remaining oat flakes to cover on all sides.
3. Serve immediately or store in an airtight container in the fridge for up to 5 days.



Source: <https://waapple.org/recipes/washington-apple-energy-balls/>



Awesome Applesauce

Yield: 6 Servings

Time: 60 Minutes



Ingredients

- 4 medium apples, peeled and cut into quarters (like Braeburn, Gala, Delicious, Jonathon, Rome)
- ½ cup apple juice
- ¼ teaspoon cinnamon
- ¼ teaspoon ground nutmeg

Source: <https://www.azhealthzone.org/recipes/awesome-applesauce/>

Instructions

1. Wash hands with soap and warm water. Wash apples before preparing.
2. Heat apples and juice to boiling over medium heat, stirring occasionally.
3. Reduce heat and simmer uncovered for five to ten minutes, stirring occasionally to break up apples.
4. Stir in cinnamon and nutmeg. Continue simmering and stir while cooking for one minute.
5. Serve warm or refrigerate and serve chilled.



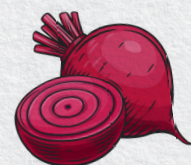


Tropical Beets

A 15-minute side dish that is tangy, sweet and earthy.

Yield: 4 Servings

Time: 20 Minutes



Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- ¼ teaspoon salt
- 1 can (8.75 ounces) pineapple tidbits in 100% juice
- 1 tablespoon margarine or butter
- 1 can (15 ounces) beets, sliced/drained or 6 (2" round) cooked from fresh and sliced

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a small saucepan combine sugar, cornstarch and salt. Stir in pineapple tidbits with juice.
4. Cook over medium heat until the mixture boils and thickens, stirring occasionally.
5. Add margarine or butter and beets. Cook until heated through, about 5 minutes. Serve warm or cold.
6. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/tropical-beets>



Bean Salad

Quick, mix of beans that is dressed with a tangy vinaigrette!

Yield: 10 Servings

Time: 10 Minutes

Ingredients

- ¼ cup vinegar
- ¼ cup sugar
- 2 tablespoons vegetable oil
- ¼ teaspoon each salt and pepper (optional)
- 4 cans (15 ounces each) beans, drained and rinsed (try a mix of any type)
- 2 cups chopped vegetables (try a mix, such as onion, carrot, celery, bell pepper)

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large bowl, mix together vinegar, sugar and oil. Add salt and pepper, if desired.
4. Add beans and vegetables and gently stir to coat. Cover and refrigerate until ready to serve. For more flavor, make a day ahead.
5. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/bean-salad>

Superhero Shepherd's Pie

This classic recipe of vegetables and ground beef topped with comforting mashed potatoes.



Yield: 6 Servings

Time: 80 Minutes

Ingredients

- 2 large baking potatoes, peeled and diced
- ½ cup shredded cheddar cheese
- ½ cup 1% or nonfat milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pound lean ground beef (15% fat)
- 1 teaspoon onion powder (optional)
- 3 tablespoons flour
- 4 cups frozen mixed vegetables
- 1 cup low-sodium broth (any type)

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Put diced potatoes in a saucepan; add enough water to cover barely. Bring to a boil. Reduce heat and simmer, covered, for about 15 minutes or until soft.
4. Drain potatoes and mash. Stir in milk, cheese, salt and pepper. Set mixture aside.
5. Preheat oven to 375 degrees F.
6. Brown meat in a large skillet. Add onion powder, if desired. Stir in flour and cook for 1 minute, stirring all the time.
7. Add vegetables and broth. Stir until bubbly, about 5 minutes.
8. Spoon vegetable mixture into an 8x8-inch square baking dish. Spread potato mixture over the top.
9. Bake until hot and bubbly, about 25 minutes.
10. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/superhero-shepherds-pie>

Eat Well



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