

Potato Recipes

Quick and Healthy Baked Pizza Potatoes

- 4 (5 to 6 oz.) Russet potatoes, scrubbed
- 4 tsp. healthy buttery spread
- 16 slices turkey pepperoni
- ¼ cup Italian blend shredded cheese
- 1 tbsp. sliced green onion
- ¼ cup nonfat plain yogurt
- ½ tsp. garlic or seasoned salt
- Snipped fresh chives or green onion tops (optional)
- ¼ cup warm pasta sauce
- 1 tbsp. minced green pepper



Directions: Cut a wedge out of each potato about 1/8-inch side and 1-inch deep and place in a microwave-safe dish. Microwave on HIGH, uncovered for 10-12 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave. Carefully make a slit in the top of each potato and fluff with a fork. Stir 1 tablespoon yogurt, 1 teaspoon butter spread and 1/8 tsp. salt into each potato, sprinkle with chives if desired. Place 16 slices turkey pepperoni on a plate and microwave on HIGH for 45-60 seconds to crisp. Top each seasoned potato with pasta sauce, cheese, green pepper and green onion. Microwave on HIGH for 2 minutes to melt cheese then top with coarsely crumbled pepperoni slices. **Yield:** 4 servings.

Nutritional Info

Calories:	290
Fat:	4 g
Cholesterol:	20 mg
Sodium:	590 mg
Vitamin C:	0.7%
Fiber:	3 g
Protein:	15 g
Potassium:	708 mg

Baked Potato Nachos

- ½ lb. russet potatoes
- ½ tsp. garlic salt
- 1 cup Mexican blend shredded cheese
- ¼ cup rinsed and drained canned black beans
- ¼ cup diced tomatoes
- ¼ cup sliced green onions
- 1½ tbsp. vegetable oil
- 1 tsp. Mexican seasoning blend
- ¼ cup sliced black olives
- 3 tbsp. canned diced green chilies
- Salsa, guacamole and sour cream (optional)



Directions: Preheat oven to 425 degrees. Scrub potatoes and cut into ½-inch thick wedges. Place potatoes into a medium size bowl with the oil, garlic salt and Mexican seasoning. Stir well to coat potatoes with oil and seasonings. Transfer to a large baking sheet and spread into a single layer. Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown. Top with cheese, beans, tomatoes, olives, onions and chilies. Bake for 5 minutes more to melt cheese. Optional, serve with salsa, guacamole and sour cream. **Yield:** 4 servings.

Nutritional Info

Calories:	308
Fat:	16 g
Cholesterol:	32 mg
Sodium:	659 mg
Vitamin C:	37%
Fiber:	35g
Protein:	13 g
Potassium:	913 mg

Champ

Champ is an old traditional Irish dish that combines mashed potatoes with shallots (green onions). It's a very tasty and great side dish.

- 1 kg scrubbed potatoes, peeled and cut into quarters
- 1 tsp. salt
- 1/2 cup milk
- 50 g butter
- 6 shallots (green onions), sliced

Directions: Place the potatoes in a saucepan of cold water and bring to a boil. Salt and then cook until tender. Heat milk until hot. Drawn water off potatoes and mash or put through a ricer. Stir in butter, hot milk and green onion. **Yield:** 4 servings.

