



 **Super Spuds**





# NEED A NUTRITIOUS, DELICIOUS DINNER? POTATOES TO THE RESCUE!

Potatoes are full of good nutrients but are often fried or loaded with butter and sour cream. Oklahoma WIC is here to help you turn your potatoes into SUPER SPUDS...potatoes loaded with amazing flavor and packed with nutrients!

Some of our very own creative WIC nutrition educators have shared their most delicious and nutritious potato recipes. These recipes contain mostly WIC foods and are easy enough for your children to help make! Don't settle for your ordinary baked potato or French fries. Give your family a SUPER meal by adding one of these SUPER SPUDS!





# Potato Soup

## Ingredients

- 3 pounds (8 medium) baking potatoes, unpeeled, cut into ½ inch cubes
- 3 cups carrot, chopped
- 1 small onion, diced
- 1 quart chicken broth or 4 cups prepared chicken bullion
- 1 tablespoon garlic powder
- 2 cups milk, 1% or less
- Salt and pepper to taste
- Shredded Cheddar or Colby cheese to serve

## Instructions

1. Combine potatoes, carrots, onion, broth, and garlic powder in a large pot, cover. Bring to a boil over medium high heat, turn heat down to medium and simmer until potatoes and carrots are soft and starting to fall apart, about 40-50 minutes total.
2. Do not drain. Stir in milk. Add salt and pepper to taste.
3. Serve topped with shredded Cheddar or Colby cheese.
4. Reserve 5 cups if you want to make Broccoli Cheddar Soup (see next page).

## Servings

Yields 10 one cup servings.



# Broccoli Cheddar Soup

## Ingredients

- 5 cups of cold leftover potato soup
- 1 cup milk, 1% or less
- 3 cups frozen, defrosted chopped broccoli OR fresh broccoli, chopped and steamed
- 3 cups Sharp Cheddar cheese, shredded
- 1 teaspoon garlic powder
- Salt and pepper to taste

## Instructions

1. Reheat potato soup over medium low heat in a large pot with up to a cup of milk to make the soup “soupier.”
2. Add broccoli, 1 cup of cheese, and garlic powder. Stir until heated through and cheese is melted.
3. Add a second cup of cheese and stir until melted.
4. Repeat with the third cup of cheese.
5. Add salt and pepper to taste.

## Servings

Yields 7 one cup servings.





# Potato, Bean & Kale Hash

## Ingredients

- 2 large white potatoes, diced
- 1 tablespoon olive oil
- ¼ cup white onion, chopped
- 1 can great northern beans (16 ounces)
- 2 cups of kale sliced into thin ribbons (discard stems for better texture)
- 1 lemon (juice)
- ¼ cup Parmesan cheese, shredded
- Salt and pepper to taste
- Crushed red pepper flakes to taste

## Instructions

1. Over medium heat, heat oil in large skillet. Add onion, diced potato and kale.
2. Cook for 30 minutes or until potato is soft. Next, add canned beans, seasonings, and lemon juice.
3. Continue to cook until warm and blended. Last, add cheese. Enjoy!!

## Variation

Serve with a poached egg.

## Servings

Yields 5 one cup servings.



# Layer It On Me!

## Ingredients

- 2 large potatoes, thinly sliced
- 1 zucchini, thinly sliced
- 1 yellow squash, thinly sliced
- 2 large carrots, thinly sliced
- 1 large tomato, thinly sliced
- 8 slices American cheese or 2 cups grated Cheddar or Colby cheese
- 1 bell pepper, thinly sliced
- ½ onion (any color), chopped
- 2 tablespoons olive oil
- ½ cup Parmesan cheese, shredded or grated

Seasonings: salt free seasoning blends, onion and garlic powder, pepper, and fresh pressed garlic if desired.

## Instructions

1. Lightly oil bottom of glass loaf pan.
2. Start by covering bottom of pan with a layer of potatoes. Cover potatoes with a layer of another vegetable. Add some seasonings and cheese. Continue to layer vegetables, seasonings and cheese till all vegetables are used or pan is full. Pack the vegetables as you layer because they will cook down while cooking.
3. Cover lightly with wax paper. Microwave 12-15 minutes or until vegetables are soft.

## Variations

- To make this a complete meal, just add in a layer of pre-cooked beans!
- This recipe can be varied to include any vegetables your family will eat.
- Get your kids involved by letting them layer the vegetables and cheese!

## Servings

Yields 6 one cup servings.



# Cowboy Ranch Potatoes

## Ingredients

- 2 large or 4 medium white potatoes (you can blend red potatoes, purple potatoes and white potatoes if you choose)
- 2 teaspoons olive oil
- 2 teaspoon Hidden Valley Ranch Dry Dressing Mix
- 1 ½ teaspoon garlic salt
- 1 teaspoon creole seasoning
- 1 teaspoon seasoning salt
- ¼ teaspoon black pepper
- ⅓ cup white onion, diced
- ⅓ cup bell pepper (any color), diced

## Instructions

1. Preheat oven to 375°F.
2. Line bottom of a 2 ½ quart baking dish with foil. Spray lightly with non-stick cooking spray and set aside.
3. In a small bowl, mix together all dry ingredients and set aside.
4. Wash and scrub the potatoes. Dice into ½ inch cubes.
5. Place the potatoes in a medium sized mixing bowl. Add ⅓ cup diced onions and bell pepper to potatoes and toss.
6. Add 2 teaspoons olive oil to potatoes and toss until well coated.
7. Sprinkle the dry seasoning mixture over the potatoes and toss until well coated.
8. Pour potatoes into foil lined 2 ½ quart baking dish and cover with a lid or foil.
9. Place on middle rack of oven and bake for 45 minutes at 375°F or until potatoes are tender when poked with a fork.

## Servings

Yields 4 one cup servings.



# Scalloped Potatoes

## Ingredients

- ½ cup Velveeta cheese (small chunks)
- 4 cups potatoes, thinly sliced
- ½ cup onion, chopped
- ¼ cup flour
- 1 ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon parsley flakes
- 2 cups milk

## Instructions

1. Toss first 7 ingredients together in a bag until potatoes are coated.
2. Put in greased 9x13 dish. Scald milk and pour over potatoes.
3. Cover with foil and bake at 350°F for 60-75 minutes.

## Variation

Add small chunks of ham or Polish sausage before milk.

## Servings

Yields 6 one cup servings.





# Two Cheesey Potatoes

## Ingredients

- 6 medium potatoes, washed and sliced ¼" thick
- 1 small green bell pepper, sliced into 1 inch pieces, about ½ cup
- 1 small onion, sliced into 1 inch pieces, about ½ cup
- ¼ cup shredded cheese, two different types (Choose from Cheddar, Colby, Mozzarella, Muenster, American, Swiss, Colby Jack, Monterey Jack)
- Salt and Pepper, as desired
- ¼ cup milk

## Instructions

1. Preheat oven to 350°F
2. Coat 9" pie pan or baking dish with non-stick cooking spray.
3. Place potatoes in pan; place green pepper and onion slices over potatoes.
4. Sprinkle cheeses over potatoes; add salt and pepper if desired.
5. Pour milk into pan.
6. Cover with lid or foil; Bake 30-45 minutes. Check potatoes after 30 minutes to see if fork easily slides into potatoes, depending on pan size and oven temperature. If not done, bake 10-15 minutes longer.
7. Remove from oven when done and enjoy as a side dish to your favorite meat and vegetables.

## Variations

- Add chopped meat such as cooked ham to the potatoes to make a one-dish casserole.
- Use chopped broccoli instead of green pepper.
- Use more cheese if desired.

## Servings

Yields 7 one cup servings.



# *Super Breakfast Spud!*

## Ingredients

- 1 large potato
- 1 egg
- 1 tablespoon green onion, chopped
- 1 tablespoon light sour cream
- ¼ cup bacon, chopped
- ¼ cup reduced fat Cheddar or Colby cheese, shredded
- ¼ cup salsa

## Instructions

1. Preheat oven to 400°F.
2. Wash potato in cold, running water.
3. Puncture potato with a fork to create air holes.
4. Bake potato in microwave for 5 minutes, or until soft enough to carve.
5. While potato is in the microwave, cook and chop bacon into pieces.
6. Remove potato from microwave and slice about ¼ of the way in to create 1 larger sliced side.
7. With larger slice side, carve a hole into the middle of the potato.
8. Crack egg and add egg into hole made from the carved portion.
9. Top with cheese, bacon pieces and green onion.
10. Bake at 400°F for 20 minutes.
11. Remove potato from oven and add desired toppings such as salsa and sour cream.

## Servings

Yields 1 serving.

