



LOCAL FOODS FOR GROWING MINDS

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OUR  
FUTURE**

## RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



## Parsley Potatoes

### Featured Item: Potato

Serving Size: ½ Cup • Number of Servings: 4

#### Fun Facts:

- Potatoes are sometimes called spuds.
- You can make a battery out of a potato!

#### Try It!

- Make dinner a family affair! Kids can help mash the potatoes.
- Make a “baked potato buffet” with different toppings like salsa, broccoli, and chili.



## INGREDIENTS

- 4 Whole potatoes
- 2 ½ tsp. Unsalted butter
- ½ tsp. Parsley flakes

## DIRECTIONS

1. Peel and cut potatoes into quarters lengthwise. Remove any spots, lumps or knots.
2. Place potatoes in a large pot (6-quart) and cover with cold water. Bring to a boil, reduce heat down to medium-low and allow to simmer until fork tender (about 15-20 minutes).
3. Drain cooked potatoes.
4. Mash the potatoes until smooth.
5. Add in the butter, parsley and Lowery season salt to taste.

Source: Pisanick Partners, LLC.