



Homemade Potato Salad

Featured Item: Potatoes

Serving Size: 2/3 cup • Yield 4

Fun Facts:

Potatoes are 80% water.

Try It!

Cut your potatoes into cubes, toss in olive oil and spices, and roast in the oven.

INGREDIENTS

- | | | | |
|------------------------|------------------------|----------------------|---------------|
| 1 1/2 cups | Red Potatoes, LOCAL | 1 teaspoon | Thyme, fresh |
| 1/4 cup | Celery, chopped | 1 teaspoon | Dijon Mustard |
| 1 1/3 | Apples | 3 tablespoons | Mayonnaise |
| 1 1/4 | Eggs, hard boiled | 1/4 teaspoon | Salt |
| 2 2/3 teaspoons | Chives, fresh, chopped | 1/4 teaspoon | Black Pepper |



DIRECTIONS - PRE PREP

1. Wash potatoes and cut into 1/4 inch cubes.
2. Peel and chop apples into 1/4 inch cubes.
3. Chop the hard boiled eggs and celery.
4. Dice the chives and thyme. Use locally grown herbs when available.

DIRECTIONS - SALAD

1. Place red potatoes in a large pot and completely cover them with water. Place on medium-high heat and bring to a boil.
2. Let potatoes cook for 10-15 minutes, until fork tender.
3. Drain potatoes and let sit.
4. Add potatoes and apples to a large bowl, along with sliced hard boiled eggs, chopped celery, chopped chives, chopped thyme, mustard, mayonnaise, salt and pepper.
5. Gently toss until everything is coated.

NUTRITION FACTS

Calories: 136
Total Fat: 2.5g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 69mg
Sodium: 207mg
Total Carbohydrate: 26g
 Dietary Fiber: 3g
 Total Sugars: 8g
Protein: 4g

Nutrition facts may vary based on specific products used.



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Baked Potato with Homemade Veggie Chili

Featured Item: Potatoes
Serving Size: 1 bowl • Yield 4

Fun Facts:
We each eat over 100 pounds of potatoes a year!

Try It!
Slice a potato halfway through 10 times, sprinkle with cheese, and bake for easy cheesy potatoes!

INGREDIENTS

4	Potatoes, LOCAL	3/4 cup	Black Beans
2 teaspoons	Canola Oil	2 1/4 teaspoons	Chili Powder
2/3 cup	Green Bell Pepper, chopped	1 1/2 teaspoons	Cumin
1/2 cup	Onion, chopped	1/4 cup	Tomatoes, diced
2 1/4 teaspoons	Garlic, minced	1/3 cup	Tomato Paste
2/3 cup	Pinto Beans	2 1/4 cups	Water
2/3 cup	Kidney Beans	4 ounces	Cheddar Cheese, shredded



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare potatoes: Remove any bruises or discolored spots with a tip of a knife. Pierce potato several times with fork. Bake until fork tender.
3. Prepare chili: Dice onion and green pepper. In a large pot, heat oil and saute onion, green peppers, and garlic for 2 to 4 minutes. Add drained beans, chili powder, and cumin. Stir for 1 to 2 minutes. Add diced tomatoes and water to pot. Bring to a boil over medium high heat. Then reduce heat and simmer uncovered for 10 minutes. Add tomato paste and mix well. Cook for an additional 10 minutes.
4. To serve: Split open baked potato. Top with 1 cup chili and 1 ounce shredded cheese.

NUTRITION FACTS

Calories: 580
Total Fat: 20g
 Saturated Fat: 11g
 Trans Fat: 0 g
Cholesterol: 55mg
Sodium: 699mg
Total Carbohydrate: 69g
 Dietary Fiber: 16g
 Total Sugars: 8g
Protein: 28g

Nutrition facts may vary based on specific products used.



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Parsley Mashed Potatoes

Featured Item: Sweet Potatoes

Serving Size: 1/2 cup • Yield 4

Fun Facts:

Potatoes are sometimes called spuds.

Try It!

Make dinner a family affair. Kids can mash the potatoes!

INGREDIENTS

- 4** Potato, Idaho, LOCAL
- 2 1/3 teaspoons** Butter, unsalted
- 1/2 teaspoon** Parsley Flakes



DIRECTIONS

1. Peel and cut potatoes into quarters lengthwise. Remove any spots, lumps, or knots.
2. Place potatoes in a large pot and cover with cold water. Bring to a boil and then 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 and parsley flakes.
6. Serve immediately.

NUTRITION FACTS

Calories: 100
Total Fat: 2g
 Saturated Fat: 1g
 Trans Fat: 0g
Cholesterol: 6 mg
Sodium: 10mg
Total Carbohydrate: 18g
 Dietary Fiber: 2g
 Total Sugars: 1g
Protein: 2g

Nutrition facts may vary based on specific products used.



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