



Homemade Potato Salad

Featured Item: Potatoes
Serving Size: 2/3 cup • Yield 25

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.25 Cups of Starchy
0.5 ounces of Meat/Meat Alternate
0.25 Cups of Fruit

INGREDIENTS

- | | | | |
|---------------------|------------------------|----------------------|---------------|
| 4 3/4 pounds | Red Potatoes, LOCAL | 2 tablespoons | Thyme, fresh |
| 2 cups | Celery, chopped | 2 tablespoons | Dijon Mustard |
| 8 | Apples | 1 1/4 cups | Mayonnaise |
| 7 | Eggs, hard boiled | 1 teaspoon | Salt |
| 1/3 cup | Chives, fresh, chopped | 1/2 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

Child nutrition crediting and 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 25

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.5 cups Starchy
2 ounces Meat/Meat Alternate
0.25 Cups Red/Orange
0.125 Cups Other

INGREDIENTS

25	Potatoes, LOCAL	1 1/4 quarts	Black Beans
1/4 cup	Canola Oil	1/4 cup	Chili Powder
1 1/4 quarts	Green Bell Pepper, chopped	3 tablespoons	Cumin
3 1/4 cups	Onion, chopped	1 1/2 cups	Tomatoes, diced
1/4 cup	Garlic, minced	2 3/4 cups	Tomato Paste
1 1/4 quarts	Pinto Beans	2 quarts	Water
1 1/4 quarts	Kidney Beans	1 3/4 pounds	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

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Parsley Mashed Potatoes

Featured Item: Potatoes
Serving Size: 1/2 cup • Yield 50

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.5 cups Starchy

INGREDIENTS

50 Potato, Idaho, LOCAL
1/2 cups Butter, unsalted
2 tablespoons 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: 6mg
Sodium: 10mg
Total Carbohydrate: 18g
Dietary Fiber: 2g
Total Sugars: 1g
Protein: 2g

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