

COMMODITY FOODS

POTATO, GRANULES



Storage

- Instant potatoes should be kept in a cool, dry place.
- After opening, keep unused instant potatoes in a tightly covered container. Cover and store leftover prepared potatoes in the refrigerator.

Uses & Tips

- Mashed potatoes are good when freshly prepared and served steaming hot.
- Use prepared potatoes to make potato patties, potato puffs and toppings for meat pies.
- To increase flavor, add onion or herbs to water when preparing potatoes.
- Stir in fat free yogurt, reduced fat sour cream or cottage cheese for a different taste.

Shepherd's Pie Serves 6.

1/2 cup chopped onion

1 Tbsp. cooking oil

Dash pepper

15-ounce can cut green beans, drained

1 can (10 1/4 oz.) condensed tomato soup

2 cups chopped canned meat

1 beaten egg

2 cups prepared mashed potatoes

1/2 cup shredded processed cheese (optional)

1. In large skillet, cook onion in oil until tender.
2. Add pepper, drained beans, soup and chopped canned meat. Mix lightly.
3. Pour into greased 2-quart casserole dish.
4. Add the egg to potatoes.
5. Spoon potato mixture over the other ingredients in the casserole dish.
6. Sprinkle potatoes with cheese.
7. Bake at 350° F for 25-30 minutes.

NUTRITION FACTS (per serving) - Calories 290 ~ fat 13 g ~ calories from fat 120 ~ sodium 1210 mg ~ total carbohydrate 22 g ~ fiber 4 g

How to Cook Potato Granules 4 servings.

2 Tbsp. margarine or butter 1/3 cup milk or prepared nonfat
1/2 tsp. salt dry milk
1 1/3 cup water 1 1/2 cups instant potatoes

1. Combine margarine, salt and water in a saucepan. Heat to boiling.
2. Remove from heat. Add milk.
3. Stir in potatoes with a fork. Stir gently, until potatoes are soft and moist.

Microwave directions Combine all ingredients in a microwaveable container. Cover. Microwave on high 2-3 minutes for four servings and 1-2 minutes for 1 serving.



Creamy Potato Soup Makes 10 servings.

10 cups water
3 1/2 cups nonfat dry milk
3 beef bouillon cubes
3 1/2 cups instant potato granules
3 cups vegetables (corn, chopped carrots, celery, etc.)
Dash of pepper, nutmeg, parsley flakes, and garlic salt

1. Mix water and dry milk in a large pan. Heat on low heat.
2. Dissolve bouillon cubes in milk.
3. Stir in potato flakes.
4. Add vegetables and seasonings.
5. Simmer for 20 minutes, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 370 ~ fat 0 g ~ calories from fat 0 ~ sodium 570 mg ~ total carbohydrate 76 g ~ fiber 8 g

Potato Cheese Puff Makes 6 servings.

3 eggs
3 cups prepared instant mashed potatoes
1/2 small onion, chopped
2 cups cubed cheese
1/4 cup fluid milk or prepared nonfat dry milk

1. Beat eggs.
2. Add remaining ingredients to egg mixture.
3. Pour into 9 x 12 inch greased baking dish.
4. Bake at 375°F for 40-45 minutes. Puff is done when knife inserted comes out clean.

NUTRITION FACTS (per serving) - Calories 300 ~ fat 19 g ~ calories from fat 170 ~ sodium 950 mg ~ total carbohydrate 16 g ~ fiber 2 g



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