

Instant 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 w/low fat cheese) - Calories 290 ~ fat 13 g ~ calories from fat 120 ~ sodium 1210 mg ~ total carbohydrate 22 g ~ fiber 4 g

