

Power Up With Potatoes

- Potatoes can be served any time of the day - breakfast, lunch, supper or as a snack.
- Potatoes are a good source of fiber if the skin is eaten.
- Buy potatoes that are firm, smooth and free of cuts and dark or green spots.
- A “plain” baked potato has only 170 calories, no fat and little sodium.
- Store potatoes in a cool, dark and dry area (not the refrigerator).

Microwave Baked Potato

1. Scrub potato, pat dry and prick in several places with a fork.
2. Place potato in the center of the microwave on a paper towel. Cook approximately 4 minutes per potato or according to microwave directions. Add 1-2 minutes for each additional potato. Turn potato over halfway through cooking.
3. Before testing for doneness, allow 5 minutes “standing time” as potato will continue to cook after microwaving.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 0 g ~ calories from fat 0 ~ sodium 15 mg ~ total carbohydrate 37 g ~ fiber 4 g

Meat and Potato Bake Serves 4

2 med. potatoes, thinly sliced	1 can cream of celery, chicken or mushroom soup
2 cups cooked diced turkey, chicken or ham	
1 medium onion, sliced	1/2 cup skim milk

1. Grease 8x8 inch baking pan.
2. Place potatoes in bottom of pan. Layer meat on top, and then add the onion slices.
3. In small bowl, blend soup and skim milk; pour over casserole.
4. Cover and bake at 375 degrees for 45 minutes. Uncover and bake 15 minutes longer or until potatoes are done.

NUTRITION FACTS (per serving with roasted turkey) - Calories 270 ~ fat 6 g ~ calories from fat 50 ~ sodium 650 mg ~ total carbohydrate 29 g ~ fiber 4 g



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