



## Instant Potatoes

Potatoes are a good source of vitamin C, niacin, and potassium. Dehydrated potato flakes are uncooked potatoes with most of the water removed.

### Nutrition Information

Potatoes are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid,  $\frac{1}{2}$  cup of potatoes provides  $\frac{1}{2}$  cup of vegetables from the vegetable group.

A typical person should try to eat  $2\frac{1}{2}$  cups of vegetables every day.

### Storage

Instant potatoes should be kept in a cool, dry place.

After opening, keep unused potatoes in a tightly covered plastic container.

### Cooking Instructions

To make 4 -  $\frac{1}{2}$  cup servings:

- 2 T. margarine or butter
- $\frac{1}{2}$  tsp. salt
- $1\frac{1}{3}$  c. water
- $\frac{1}{3}$  c. low-fat milk
- $1\frac{1}{2}$  c. 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.

### Uses

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

Know how. Know **now**.



# Recipes



## Ground Beef in Gravy

2 servings

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|--|-------------------------------|
| <b>1/3 lb. lean ground beef</b><br>(about 1 c. lightly packed) | <b>1/4 tsp. pepper</b>        |
| <b>1 T. onion, chopped (optional)</b>                          | <b>2 c. low-fat milk</b>      |
| <b>2 T. all-purpose flour</b>                                  | <b>mashed potatoes, rice</b>  |
| <b>1/2 tsp. salt or beef bouillon</b>                          | <b>or biscuits (optional)</b> |

1. In a skillet, brown ground beef and onion. Drain fat.
2. Stir in flour, salt, and pepper.
3. Slowly stir in milk and heat mixture until thick and bubbly.
4. Serve over mashed potatoes, biscuits or rice, if desired.

**Nutrition Information per Serving:** Calories 260, Total Fat 9 g (14% DV), Saturated Fat 4 g (21% DV), Cholesterol 40 mg (13% DV), Sodium 740 mg (31% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 1 g (2% DV), Sugars 13 g, Protein 25 g, Vitamin A 10%, Vitamin C 2%, Calcium 30%, Iron 10%.



## Instant Potato Soup

4 servings

- |  |   |
|--|---|
| <b>2 T. butter or margarine</b>              | <b>1 1/2 tsp. seasoned salt</b>                 |
| <b>2 T. onion, finely chopped</b>            | <b>1/4 tsp. dill weed</b>                       |
| <b>2 1/2 c. water, boiling</b>               | <b>pepper, to taste</b>                         |
| <b>1 (12 oz.) can evaporated milk</b>        | <b>1 c. Cheddar cheese, shredded (optional)</b> |
| <b>1 1/3 c. instant mashed potato flakes</b> | <b>1 cooked potato, cubed (optional)</b>        |

1. In a medium sized saucepan over medium heat, melt butter.
2. Add onion and cook for 2 minutes or until tender.
3. Stir in water, evaporated milk, potato flakes, seasoned salt, and dill weed. Heat just until mixture comes to a boil.
4. Season with pepper. Add shredded cheese, if desired. Stir until melted. Stir in cooked potatoes, if desired.

**Nutrition Information per Serving:** Calories 380, Total Fat 8 g (13% DV), Saturated Fat 3 g (14% DV), Cholesterol 10 mg (3% DV), Sodium 800 mg (33% DV), Total Carbohydrate 63 g (21% DV), Dietary Fiber 5 g (19% DV), Sugars 13 g, Protein 14 g, Vitamin A 15%, Vitamin C 20%, Calcium 35%, Iron 15%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>