

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

POTATOES

Did You Know?

Potatoes can become green when exposed to light. The green color is caused by the pigment chlorophyll. Along with that the compound solanine forms, which in high amounts has a bitter taste and can be toxic. Avoid eating the green skin by trimming and discarding the green part of the potato before using.

Sprouted potatoes are still safe to eat. Simply remove the sprouts and discard. However, potatoes that are shriveled, wrinkled and sprouted should not be consumed.

What is the difference between yams and sweet potatoes?

Find answer in the second August edition.

Nutrition Nugget

Not only are potatoes fat free, but they are also a great source of vitamins and minerals. One medium potato provides 21% of the daily recommendations for potassium and 45% of the daily recommendation for vitamin C. This is a great nutritional bargain, considering that one potato only has about 100 calories.

Family Play Time

Children (and adults, too!) love French fries. To enjoy them your family doesn't need to visit a fast food restaurant or bring out the deep-fryer. Instead, you can make oven fries, which are not only a much healthier alternative to deep-fried French fries, but also give you the chance to involve your children in the cooking process. All you need is:

4 medium potatoes, peeled and cut in strips
2 tablespoons salad oil
Salt

Paprika (optional)

Preheat oven to 450 F. Place strips in a bowl of ice water to crisp. Drain and pat dry. Place strips into plastic bag, and add the oil and seasonings. Shake to coat. Place on a sheet pan and bake until golden brown (about 30 min). Sprinkle with salt and paprika if desired. Enjoy!



Cooking School

How to pick the 'right' potato:

Russet: Bake, mash, French fry, roast.

Yellow: Mash, steam, bake, boil, roast, French fry.

Red: Boil, steam, roast, sauté, scalloped/au gratin, soups, salads.

Blue/Purple: Boil, steam, bake, microwave.

White: Boil, steam, mash, French fry, roast, scalloped/au gratin, soups, salads.

Fingerling: Boil, bake, steam.



Tuna-Potato Casserole
Makes 8, 1 cup servings

Ingredients

- 2 cups potatoes, thinly sliced
- 1 cup sweet peas
- 2 tablespoons butter
- 2 cups milk
- 1/3 cup onion, diced
- 1 1/2 teaspoons salt

- 1 can (6 1/2 oz) chunk light tuna, drained
- 2 tablespoons parsley, chopped
- 1/4 cup flour
- 1 1/4 cups cheese
- 1/4 teaspoon dried mustard



Cook potatoes until tender-crisp. Save potato water to reconstitute non-fat dry milk. Layer potatoes, tuna, peas, onions and parsley in a shallow, greased 2 quart casserole dish. Melt margarine in a heavy saucepan. Blend in flour. Add milk. Heat until thickened, stirring constantly. Add cheese, mustard and salt, stirring until smooth. Pour over tuna-potato mixture. Cover and bake in 350°F oven for 30 minutes.

Old-fashioned Lefse (traditional Norwegian flatbread)
Makes 15 large lefse.

Ingredients

- 4 cups mashed or riced white potatoes
- 1 tablespoon sugar
- 1 1/4 teaspoons salt

- 1/3 cup butter
- 1 1/4 cups milk
- 1 1/4 to 1 1/2 cups flour



Mix first five ingredients. Refrigerate until thoroughly cool. Add flour gradually and knead smooth. Depending on the size of your pan or lefse grill, take a small handful (about a cup) and roll paper thin on a floured surface. Bake on a hot griddle until golden spots form. Turn and bake on second side. Place flat on a clean towel and cover with another towel. Place several sheets of lefse on top of each other. When cool, cut into quarters or halves and place in plastic bags to preserve freshness. Note: Be sure dough remains cold until you are ready to roll it.

ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

To ask a question or for more information contact:
Ludmila Keller, Richland County Agent
406-433-1206
Ludmila.keller@montana.edu

What Can I Do Today?

While potatoes are naturally fat-free, toppings, such as butter, sour cream, bacon bits or cheese, can quickly turn a potato into a high-calorie food. Be aware of these caloric toppings, and reduce or replace them when you can with low-fat, low-calorie alternatives.