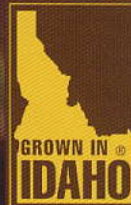
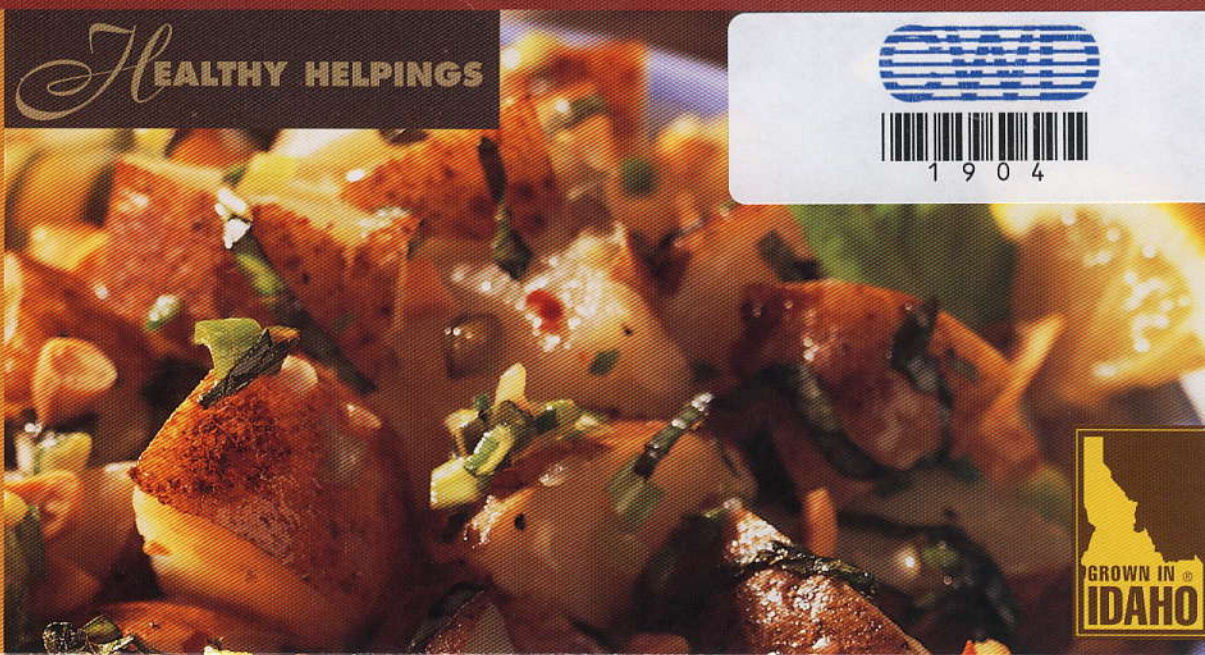


**Helpful Tips
for Creating
Healthful
Dishes With
Idaho® Potatoes
from the Idaho
Potato
Commission**

Healthy **HEALTHY HELPINGS**



Nature supplies Idaho® Potatoes' nutritious profile—fat- and cholesterol-free, full of fiber, vitamin C and potassium, with only 100 calories in a medium potato. We're supplying practical suggestions to help you cut the fat and boost the flavor of your Idaho® Potato dishes.

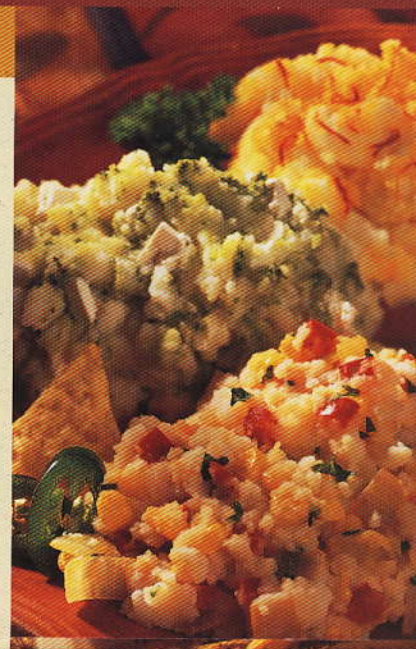
These slim-but-tasty ideas cover everything from hash browns to mashed, baked to scalloped. They're all easy to execute and cost effective, too. Try menuing a few during the month of March as part of a special National Nutrition Month® promotion in your operation. Your customers will appreciate these good-for-you options, and you'll appreciate the appeal they bring to your menu all year long.

MASHED POTATOES

"The potato isn't something you need to educate people about; they know it's a healthy way to eat if you reduce the fat and salt."

Stephen Bello, CEC, Executive Chef,
South Nassau Communities Hospital, Oceanside, New York

● Use lowfat or nonfat milk, or even chicken stock instead of whole milk or cream for a lower-fat but still tasty mashed. ● As an alternate, add olive oil and water from the pot you used to boil the potatoes instead of milk and butter. The potato water will contribute to flavor and also help replace the nutrients that are lost during boiling. ● Herbs and spices, either fresh or dried, can act as colorful flavor boosters in your lower-fat mashed potato preparations. Try basil, parsley, sage, tarragon, dill, saffron, or curry. ● Prepared sauces also can kick up the flavor of your reduced-fat mashed potatoes. Just fold in horseradish, Dijon-style mustard or sun-dried tomato paste. ●



HASH BROWNS

"Trends come and go, but people are sticking with potatoes, partly because they fit in well with today's diets."

Valerie Rovira, Executive Chef, The Mouse Café, Houston, Texas

● Use a non-stick fry pan coated with cooking spray instead of oil for reduced-fat skillet hash browns. ● If you do use oil to grill your potatoes, choose a heart-healthy oil such as corn or safflower. And make sure the pan and oil are hot (375°F) before adding the potatoes; that'll help reduce the amount of oil the potatoes absorb. ● Alternately, bake your browns in the oven, coating the pan with butter-flavored cooking spray first for extra flavor. Instead of salt, sprinkle your hash browns with a medley of finely chopped herbs. The herbs will add color, flavor and a signature touch to your potatoes. ● Your customers won't miss the fat if you turn up the flavor by adding minced garlic, onions, or shallots to your hash browns. ● Offer an exciting new twist on your reduced-fat hash browns with this Southwestern-style dish: toss Idaho® Potato hash browns with corn, diced red pepper, minced jalapeño peppers and garlic; top with salsa. ●



BAKED AND TWICE BAKED POTATOES

*"There are a lot of other ways to bring flavor to potatoes besides just adding fat.
Be gutsy, experiment and apply some of your favorite herbs and spices to potatoes."*

Gregory Carso, Executive Chef, The Metropolitan Club, Chicago, Illinois

● Don't oil the skins of your Idaho® Potatoes before baking; that adds unnecessary fat and also prevents the skin from becoming crispy. For a light fluffy interior and a crisp exterior, just wash, pierce with a fork and bake for about an hour. ● For a creamy potato topping without all the fat, replace the butter and regular sour cream with low- or non-fat yogurt, cottage cheese or reduced-fat sour cream. ● Reduced-fat cheeses can up the flavor quotient in your baked potatoes: try melting some low- or non-fat Mozzarella, Cream Cheese, Cheddar, Parmesan or Ricotta atop your potatoes. ● Instead of regular bacon bits, offer crumbled turkey bacon as a topping. ● Olive oil is a heart-smart alternative to butter. Drizzle a little inside the potato, then top with chopped fresh or dried herbs, such as basil, oregano, parsley or dill. ● Turn your larger baked or twice-baked potatoes into nutrient-rich vegetarian meals by filling with assorted vegetables, including onions, mushrooms, carrots, broccoli, cauliflower, zucchini, or peppers. Either steam the vegetables or oven roast them with a drizzling of lemon juice or olive oil and a few cloves of garlic. ● The following proteins add plenty of pizzazz to baked or twice-baked potatoes: chicken fajita topping, lean Thai beef, chili made with turkey or chicken. ●

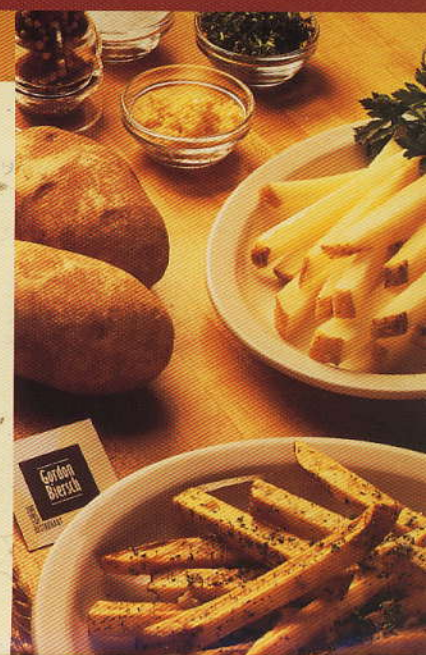


FRENCH FRIES

*"So many people are health conscious these days, including myself.
So we offer lots of healthy potato dishes."*

Steven Kilts, CEC, chef/owner, Catered To...Catering, Providence, Rhode Island

● Make sure you specify Idaho® Potatoes! Because of their high solids content, averaging 21% year after year, Idaho® Potatoes absorb less oil than other varieties from other states. ● Leave the skins on your fresh potato fries; that'll enhance the fries' homemade appearance and flavor, not to mention their nutritional qualities. The potato's nutrients are concentrated just below the skin's surface. ● Your frying oil should be at 360°F. Lower temperatures will result in longer cook times and more oil absorption by the potatoes. Don't forget to shake the basket lightly after frying to remove excess oil. ● Before deep-frying, try par-boiling the cut potatoes first in water; that'll reduce the amount of time the fries spend in the oil. ● You can avoid the deep fryer altogether with ultra-healthy oven fries, just sprinkle the potatoes with lemon juice and herbs before baking; add a little olive oil for extra flavor. ● For a light and satisfying salad, toss your roasted or grilled fries with a little flavored vinegar, mustard and pepper, then serve with fresh greens. ● To add even more appeal to your low-fat roasted or grilled fries, serve them with a variety of healthy dipping sauces. Besides ketchup, you can offer low-fat Ranch-style dressing, yogurt mixed with chopped herbs, spicy tomato salsa, barbecue sauce or honey-mustard sauce. ●



SCALLOPED/AU GRATIN POTATOES

*"Potatoes are great for low-fat applications.
They pack a lot of nutrition, and the applications are so diverse."*

Ron Pickarski, CEC, chef/owner of Eco-Cuisine consulting firm, Boulder, Colorado

● Try this basic low-fat scalloped potato recipe: mix skim milk, sliced potatoes, garlic, salt and pepper; simmer until potatoes are nearly cooked. Add a little arrowroot dissolved in cold milk; stir until thickened. Pour into a hotel pan coated with cooking spray. Sprinkle with bread crumbs and low-fat Parmesan cheese. Bake at 350°F until brown. ● If you prepare a bechamel sauce from scratch for your scalloped potatoes, replace the cream in the sauce with equal parts skim milk and chicken stock and thicken with cornstarch or arrowroot rather than a roux. ● Add the following flavorful combinations of ingredients to your healthy scalloped potatoes, and your customers won't miss the reduced fat: ● chopped sage leaves and diced yellow onions ● ground nutmeg and chopped chives ● sun-dried tomatoes, roasted garlic and fresh chopped basil ● and thinly sliced Spanish onions ● Replace the full-fat cheeses atop your au gratin potatoes with reduced-fat versions, like low-fat Parmesan, Mozzarella, Gouda, Cheddar or Provolone. Choose a smoked variety for extra flavor. ●

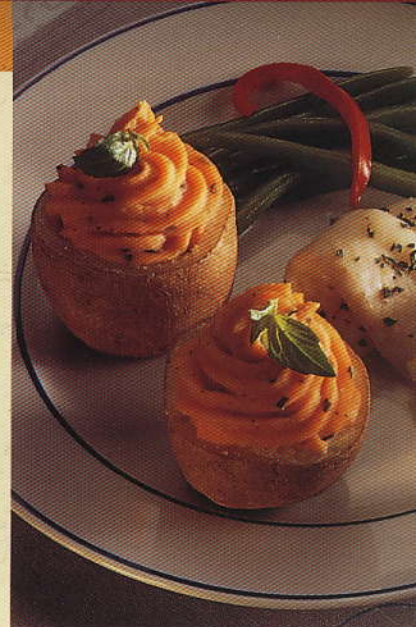


A FEW MORE HEALTHY POTATO IDEAS

"We serve a tomato-based soup with Idaho® potatoes and lots of fresh vegetables and fresh herbs. That's a wonderful meal in itself."

Kay Owen, owner, Lacorsette Maison Inn, Newton, Iowa

● Broiled potato chips are healthier than fried, and just as tasty. Spread potato slices ($\frac{1}{16}$ -inch thick) in a single layer on lightly-greased baking sheets, sprinkle with paprika, salt and pepper, drizzle with chicken stock and broil until crisp (about 1-4 minutes), flipping slices midway through. ● Baking is another healthy chip preparation. To create Orange Roasted Chips, toss sliced potatoes ($\frac{1}{8}$ -inch thick) with olive oil, grated orange zest, dried rubbed sage and cracked black pepper. Place in a single layer on greased baking sheets and bake at 425°F until crisp (about 40 minutes), flipping potatoes midway through. For Herbed Chips, season with minced garlic, rosemary, oregano, salt and crushed red pepper flakes. ● Grated raw potato is a healthy alternative to cream for thickening soups. Add about 3 tablespoons of potato per cup of soup. Dehydrated mashed potato flakes or granules work well, too, for a thicker minestrone. ● Add a tangy, lowfat twist to your potato salad by using a mixture of nonfat yogurt and nonfat mayonnaise to bind the salad. ● Or, try whipping potatoes with sun-dried tomatoes and freshly chopped basil, as shown.



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Idaho The First Name In Potatoes.™

