

# POTATO GODNESS

Potatoes are naturally gluten-free and they're packed with nutritional benefits needed for a healthy lifestyle.

Brought to you by the United States Potato Board.

# Hold the Gluten, Add Potatoes!

# Potatoes are one of the world's most versatile vegetables.

Foundational in a wide range of international and all-American cuisine, potatoes are the perfect blank canvas for a variety of flavors. This is welcome news when your good health depends on eating a gluten-free diet.

An ideal substitution for some of your favorite bread, grain and pasta-based dishes, potatoes add a boost of nutritional benefits. Important to a healthy diet, one medium-sized (5.3oz) skin-on potato has:

Just 110 calories No fat, sodium or cholesterol Nearly half your daily value of vitamin C More potassium than a banana A good source of vitamin B6 Fiber, magnesium and antioxidants Resistant starch

In the following pages you'll get a taste of some surprising and family-friendly ways to improve your gluten-free diet with potatoes...then visit PotatoGoodness.com for a full library of gluten-free potato recipes.



45% Daily Supply of Vitamin C

Naturally Fat Free Full of Vitamins and Minerals

# Festive Papas Tapas

#### Ingredients

2–3 medium russet potatoes 1/2 teaspoon sea salt (or 3–4 medium Yukon Gold potatoes) 1/4 teaspoon pepper 2 tablespoons olive oil

#### Directions

Preheat grill or oven to 400°F. Thinly slice potatoes length wise to 1/4 inch thick, discarding ends. Toss with olive oil, salt and pepper. Place on grill or prepared baking sheet in single layer and cook for 10 minutes on each side.

Calories: 99, Fat: 4.5g, Cholesterol: Omg, Sodium: 198mg, Vitamin C: 7mg, Carbohydrates: 14g, Fiber: 1g, Protein: 2a. Potassium: 316ma

#### Top with your favorite toppings:

**Bruschetta:** 2 medium tomatoes diced, 1/4 cup chopped fresh basil leaves, 2 cloves (1 teaspoon) of minced garlic and 1 tablespoon of olive oil. Mix together in a bowl and spoon on top of potatoes. Optional: Add chopped chicken to Bruschetta topping.

Mediterranean: 1 (6 oz.) container of feta cheese, 1 (2.25 oz.) can sliced olives drained, 1 medium tomato diced (optional), salt and pepper to taste. Mix together in a bowl and spoon on top of potatoes.

Creamy Greek Yogurt with Lemon and Herbs: 1/2 cup plain nonfat Greek yogurt, 2 tablespoons chopped fresh dill, juice of 1/2 lemon, salt and pepper to taste. Mix together in a bowl and spoon on top of potatoes. Garnish with dill sprigs.

**Baked Potato:** 1/2 cup plain nonfat Greek yogurt, 1/4 cup shredded reduced-fat cheddar cheese, 2 tablespoons plus 1 tablespoon fresh chives chopped. Mix all ingredients except 1 tablespoon of chives in a bowl and spoon on top of potatoes. Garnish with remaining chives.

Pico de Gallo: 1/2 cup pre-made Pico de Gallo or mix 1 medium tomato diced, 1 small onion finely chopped, 1 green onion chopped, 1/2 teaspoon minced garlic, 1 tablespoon chopped cilantro, salt and pepper to taste. Mix together in a bowl and spoon on top of potatoes. Garnish with cilantro.



topping, or try a taste of the

Mediterranean with a feta.

olive and tomato mixture.



# Embrace potatoes as the star of gluten-free, global cuisine.

#### Love lasagna?

Substitute thinly sliced waxy potatoes for noodles.

# Quick & Healthy Gluten-Free Potato Lasagna

#### Ingredients

2 links Italian turkey sausage 1 1/2 cups chopped onion 1 cup fat-free ricotta cheese 1 teaspoon dried basil or Italian seasoning 1/2 teaspoon garlic powder 1 egg white

- 2 cups gluten-free marinara sauce, divided
- 1 1/4 pounds thinly sliced Yukon Gold potatoes, divided
- 1 cup shredded part-skim mozzarella cheese, divided

#### Directions

Remove sausage from casing and crumble into a medium skillet with onion. Cook for 10 minutes or until both are browned, breaking up sausage with the back of a spoon.

Stir together ricotta, basil, garlic powder and egg white in a small bowl. Spread 1/2 cup marinara sauce in the bottom of a 9-inch square baking dish. Place 1/3 of the potatoes in the bottom of the dish, forming a solid layer with no gaps. Drop 1/2 the ricotta mixture, in spoonfuls, over the potatoes and lightly spread. Sprinkle with 1/3 of the mozzarella and 1/2 the sausage mixture. Add 1/2 cup more sauce then repeat potato, cheese and meat layers.

Top with the last layer of potatoes, remaining sauce and mozzarella. Cover with plastic wrap and make a small slit to vent. Microwave on HIGH for 30 minutes or until potatoes are tender.

Calories: 300 Fat: 11g Cholesterol: 40mg Sodium: 640mg Vitamin C: 50% Carbohydrates: 27g Fiber: 3g Protein: 18g Potassium: 377mg

### Baked Potato Nachos

#### Ingredients

1 1/2 pounds russet potatoes 1 1/2 tablespoons vegetable oil 1/2 teaspoon garlic salt 1 teaspoon Mexican seasoning blend 1 cup Mexican blend shredded cheese

1/4 cup rinsed and drained canned black beans 1/4 cup diced tomatoes 1/4 cup sliced black olives 1/4 cup sliced green onions 3 tablespoons canned diced green chilies Salsa, guacamole and sour cream (optional)

#### Directions

Preheat oven to 425°F. Scrub potatoes and cut into 1/2-inch thick wedges. Place potatoes into a medium size bowl with the oil, garlic salt and Mexican seasoning. Stir well to coat potatoes with oil and seasonings.

Transfer to a large baking sheet and spread into a single layer. Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown.

Top with cheese, beans, tomatoes, olives, onions and chilies. Bake for 5 minutes more to melt cheese. Optional, serve with salsa, guacamole and sour cream.

Calories: 340, Fat: 16g, Cholesterol: 25mg, Sodium: 560mg, Vitamin C: 45%, Carbohydrates: 42g, Fiber: 5q, Protein: 11q, Potassium: 1024mg



#### Craving nachos?

Save Time! Use frozen potato wedges in this recipe. It's a convenient and healthy alternative.



No time to mash? Try frozen, refrigerated or instant mashed potatoes – all are a great alternative and gluten-free!

# Mashed Potato Griddle Cakes

#### Ingredients

2 cups mashed potatoes 2 whole eggs 1 cup commeal 1/2 cup corn kernels

1/2 cup roasted red pepper, diced

1 cup water

#### Directions

Mix mashed potatoes, egg, cornmeal, corn and roasted red pepper in a mediumsized bowl. Add water to the bowl, slowly, until mixture is the consistency of pancake batter. The batter may thicken over time, so adjust consistency as needed.

Spoon batter, 1/3 cup for each griddle cake, onto a pre-heated, non-stick griddle and cook until bubbles form on the outside edge. Turn and brown second side. Cook for approximately 1 minute more. Serve warm in stacks of four.

Calories: 267, Fat: 7g, Cholesterol: 81mg, Sodium: 285mg, Vitamin C: 40mg, Carbohydrates: 45g, Fiber: 5g, Protein: 7g, Potassium: 369mg

## Other Tips and Tricks

#### Croutons

Dice a potato into 1/2 inch squares, toss with 1 tablespoon olive oil and your favorite seasonings. Place on a baking sheet and bake at  $450^{\circ}$ F for 10-15 minutes. Let cool and toss in your salad. No time to dice? Try frozen potatoes instead.

#### Gravies, Soups and Stews

The starch in potatoes is a natural thickening agent. Try using instant mashed potatoes or even pureed leftover mashed potatoes for hearty gravies, soups and stews (mix in the potatoes a little at a time so as not to over-thicken).

#### Bruschetta

Instead of the traditional crostini or sliced sourdough bread, slice potatoes 1/4-inch thick, toss in olive oil and bake at  $425^{\circ}$ F for 25 minutes. When the slices are finished cooking, top with your favorite tomato bruschetta and enjoy!

#### Pasta

Try using naturally gluten-free potatoes instead of pasta. Thin "noodles" of potatoes can be used to recreate your favorite pasta dish or thin slices of potatoes can be used in place of noodles in your family-favorite lasagna recipe.

Don't forget, potatoes come in a wide range of forms: choose from fresh, frozen, refrigerated, instant, flour, chips and canned. There's a potato for every need—gluten-free, convenient, and delicious!









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