



# MAKE YOUR FOOD DOLLARS COUNT

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## Potatoes: A Versatile Vegetable

The potato, a favorite garden vegetable, is now a staple of the creative cook. Veggies, including potatoes, are "IN". Add variety to your meals with these recipes.

### Leftover Mashed Potato Soup

- 1/2 cup minced onion
- 1 small rib of celery including the leaves, minced
- 1 carrot, grated coarsely
- 2 tablespoons oil\*
- 2 cups unsalted chicken broth or stock (fresh or canned)
- 2 1/2 cups leftover mashed potatoes
- 1/3 cup fresh parsley, minced (or 2 tablespoons dried parsley flakes)



In a large saucepan sauté the onion, celery and carrots in oil over moderately low heat for about 1 minute, stirring constantly. \*(To cut fat, steam in 1/4 cup water until tender.) Stir in the broth or stock and bring to a boil.

Break potatoes up with a fork. Using a wire whisk, add potatoes a half cup at a time to the broth mixture.

Continue whisking until smooth, reduce to a simmer and add parsley. Makes 4 servings.



### Two-Step Cheese-Baked Potatoes

- 7 baking potatoes
- milk
- 2 teaspoons onion, chopped fine
- 2 tablespoons oil
- mild cheddar cheese, shredded
- paprika

Bake potatoes in hot oven (400°F), 3/4 to 1 hour or until tender. Cool; cut in half lengthwise. Scrape pulp from shells and mash pulp; add a little milk to make a light and fluffy mixture.

Sauté onion in oil; stir into potato mixture. Pile mixture into potato shells.

Cover tops with shredded cheese; sprinkle on paprika. Place shells in flat freezing container or pan. Cover tightly and freeze.

To serve, place frozen potatoes on baking sheet; bake uncovered in very hot oven (425°F) about 25 minutes.

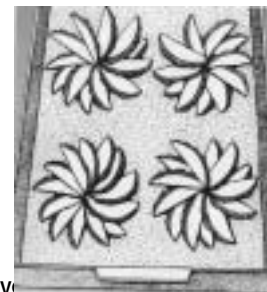
### Pinwheel Potatoes (Sometimes called Potatoes Anna)

- 4 medium potatoes
- 4 teaspoons melted margarine or butter
- Salt, pepper, paprika to taste (optional)

Preheat oven to 450°F. Slice potatoes 1/8 inch thick. Lightly oil a shallow baking sheet. Arrange potato slices in

4 circles, overlapping the slices within each circle. (See picture below)

If desired, sprinkle with seasonings. Drizzle melted margarine or butter on top, dividing equally. Bake at 400° for 20 minutes. Refrigerate leftovers.



Ovenproof Pan and Vegetables

- 2 tablespoons oil
- 1 tablespoon lemon juice
- 1/2 teaspoon rosemary or tarragon
- 1/4 teaspoon pepper
- 6 cups fresh potatoes and other vegetables, cut up (suggestions: broccoli, carrots, green beans, cauliflower, asparagus)

Preheat oven to 425°F. Mix oil, lemon juice, rosemary, and pepper.

Place vegetables in a 13 x 9 inch ovenproof pan pan and coat with oil mixture. Bake for 20 minutes. Stir once during that time. Vegetables will be edged with brown and fork tender when done. Refrigerate leftovers.

## Stretching Your Dollars

- Do not throw away those blackened bananas. Peel, mash, and store in freezer for use in baking.
- To prevent soggy salads, place greens on inverted saucer in bottom of salad bowl. Excess liquids drain under the saucer.
- When making meatballs, make an extra batch for the freezer. After they are cooked, place on cookie sheet to freeze. After 2-3 hours (or when frozen), pop them into freezer bags. By doing this they do not stick together.
- Refrigerator odors disappear by placing a little baking soda in a small dish. This also works to rid places like cars, coolers and sneakers of unpleasant smells. Then, pour the baking soda down the drain to keep it smelling sweet, too.
- To keep celery crisp and easy to use, wash celery and cut off ends. Stand upright in refrigerator in a jar filled with water.
- Line the bottom of your vegetable bin with a paper towel. Fruits and vegetables stay fresher longer and lettuce will not rust as quickly.



- To keep track of bills that are "due", put the return portion of each bill in an envelope, stamp and address it, putting the due date in the upper left-hand corner. File chronologically. Check weekly (no more late payments).
- Think about how you can save on what you pay for television service. If you have cable TV, the basic plan is much less expensive.
- Ask your pharmacist or doctor if generic brands are available for your prescription medicines.

*Shared by: Susan Kelly-Selby  
Prepared by: Barbara Johnson*

## Food Safety

Foods for stir-fry are usually cut into thin strips for cooking quickly. Freeze meat 45-60 minutes for easy cutting. Don't forget to clean and sanitize the cutting board before cutting the vegetables.



Before you add anything to water you boiled in your microwave, (soup, cereal, tea, coffee) stir first to prevent water from spilling over and burning yourself.

## Kid's Corner

- To store those little artist paint brushes, slip them into straws.
- Protect clothing from messy projects by artist's smocks-an old oversized shirt with the sleeves cut off to fit. These can be decorated by your child. Look for them at thrift stores and garage sales.



## Free Nutrition Education Programs

Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.



### Topics include:

- ⇒ Budgeting and stretching food dollars.
- ⇒ Basic nutrition and menu planning.
- ⇒ Preparing low cost, easy recipes and menus.
- ⇒ Preserving, storing and preparing food safely.

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