



HEALTHY WAYS CANNED POTATOES



Tips!

Drain & rinse canned potatoes to reduce sodium (salt)

A great time saving ingredient! Already peeled & ready to create delicious, wholesome meals!
Eat simply as a side dish, by draining the potatoes and then reheating in the microwave or stove

RECIPES

Tex Mex Breakfast Skillet

Ingredients:

- | | |
|---|--|
| 1 tbsp oil | black pepper to taste |
| 2 (14.5oz) can potatoes, drained & cut into bite sized pieces | 1/2 cup cheese |
| 4 eggs | 1/4 cup salsa |
| 1/4 cup milk or water | 1/2 cup crumbled tortilla chips (optional) |
| 1/4 tsp salt | 1 tbsp fresh chopped cilantro (optional) |

Directions:

1. Heat oil in large nonstick skillet over medium-high heat until hot. Add potatoes; cook, covered, stirring occasionally, until golden, about 8 minutes.
2. Beat eggs, milk, salt, and pepper in medium bowl until blended.
3. Reduce heat to medium. Pour eggs over potatoes in skillet. As eggs begin to set, gently pull eggs from the sides and flip over.
4. Continue cooking until eggs are thickened and no visible liquid egg remains. Do not stir constantly.
5. Sprinkle with cheese, removed from heat. Cover pan. Let stand until cheese is melted, about 2-3 minutes. Top with salsa, chips and cilantro, if desired.

Marinated Green Beans and Potato Salad

Ingredients:

- | | |
|--|-----------------------|
| 1 (14oz) can green beans, drained & rinsed | 3/4 cup bell pepper |
| 1 (14.5oz) can potatoes, drained & rinsed | |
| <i>Salad Dressing</i> | |
| 3 tbsp oil | 1/2 tsp garlic powder |
| 2 tbsp vinegar | 1/4 tsp salt |
| 1 tsp Italian seasoning | 1/4 tsp black pepper |

Directions:

1. Combine oil, vinegar, Italian seasoning, garlic powder, salt and pepper in a small bowl.
2. Combine beans, potatoes, bell pepper, and salad dressing in a medium bowl.
3. Stir well until coated. Cover and refrigerate for 1 hour.

Ground Beef & Potatoes

Ingredients:

- | | |
|--|-----------------------|
| 1 lb lean ground beef | 1/2 tsp salt |
| 1 (14oz) can potatoes, drained & diced | black pepper to taste |
| 2 tbsp oil | |

Directions:

1. Heat 2 tbsp of oil in a large skillet. Add diced potatoes and cook for about 10 minutes, until slightly browned and crispy.
2. Add lean ground beef to potatoes and brown, chopping it up into very small pieces. Stir and flip often (about 10 minutes).
3. Once meat is fully cooked, turn off burner and add about 1/2 tsp of salt and pepper and stir in with a spatula. Serve with other vegetables or a vibrant green salad!



MAKE IT A MEAL: RECIPES



Garlicky Oven Roasted Potatoes

Ingredients:

- | | |
|---|--------------------------|
| 2 (14.5oz) can of potatoes, drained & rinsed | 1 tsp garlic powder |
| 1 stick of butter, sliced into tbsp size pieces | salt and pepper to taste |

Directions:

1. Preheat oven to 325F and place the butter slices in a nonstick 13x9 baking pan. Place the pan on the center rack of the oven until the butter is melted.
2. Remove from the oven and add the garlic powder. Mix well.
3. Add the drained potatoes and roll to grease the potatoes completely with the garlic butter.
4. Sprinkle with salt and pepper. Roast for about 25-30 minutes or until tops are a light golden brown. Flip potatoes and roast for another 25-30 minutes or until they are golden brown and the outsides are a bit crusty.

No Cook Potato Salad

Ingredients:

- | | |
|--|----------------------------|
| 2 (14.5oz) cans potatoes, drained & rinsed | 1/4 cup diced red onion |
| 1/2 cup mayonnaise | 1/4 cup diced green pepper |
| 1/4 cup sweet pickle relish | 3 diced hard boiled eggs |
| 2 tbsp mustard | salt and pepper to taste |
| 1/2 cup diced | celery paprika (garnish) |

Directions:

1. Cube potatoes and add to a large bowl.
2. Add all remaining ingredients (except paprika) and stir to mix well. Garnish with paprika.
3. Refrigerate until ready to serve.

Cheddar Potato Soup

Ingredients:

- | | |
|--------------------------------|------------------------------|
| 2 tsp oil | 8 oz shredded cheddar cheese |
| 1 cup onion, diced | 1/2 tsp salt |
| 1 cup celery, diced | 1/4 tsp black pepper |
| 6 cups reduced sodium broth | 1 tsp dry mustard |
| 2 cups canned potatoes, mashed | hot sauce (optional) |

Directions:

1. Add oil to a large pot set over medium-high heat. Add onion and celery and sauté for 2-3 minutes, or until they start to soften. Add stock and mashed potatoes and bring to a simmer.
2. Using a hand blender or regular blender, puree soup until smooth. Add cheddar, salt, pepper, dry mustard, and

Skillet Potatoes & Sausage

Ingredients:

- | | | |
|--|----------------------|---------------|
| 1/2 lbs sausage, cut into | 1/2 inch coins | 1 tsp oregano |
| 3 tbsp oil | 1 1/2 tsp cumin | |
| 1 (14.5oz) cans potatoes, drained & rinsed | 1/4 tsp salt | |
| 2 medium onions, sliced thinly or chopped | 1/4 tsp black pepper | |

Directions:

1. Heat oil in a large skillet over medium-high heat.
2. Add sausage, cook about 8-10 minutes.
3. Add onions and potatoes, sauté for about 4 minutes.
4. Add cumin, salt and pepper.
5. Serve hot with a side of greens or a colorful salad!