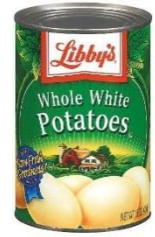


Healthy Ways to Eat Canned Potatoes



1. A great time saving ingredient! Already peeled & ready to create delicious, wholesome meals!
2. Eat simply as a side dish, by draining the potatoes and then reheating in the microwave or stove.
3. **Make Tex Mex Breakfast Skillet**

Ingredients:

1 tablespoon oil

2 (14.5oz) can potatoes, drained and cut into bite sized pieces

4 eggs

¼ cup milk or water

¼ teaspoon salt

Pepper to taste

½ cup cheese

¼ cup salsa

½ cup crumbled tortilla chips, if desired

1 tablespoon 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, remove from heat; cover pan. Let stand until cheese is melted, 2 to 3 minutes. Top with salsa, chips and cilantro, if desired

4. **Make Marinated Green Bean and Potato Salad**

Ingredients:

1 (14.5 oz) can green beans, drained & rinsed

1 (14.5 oz) can potatoes, drained & rinsed

¾ cup bell pepper, thinly sliced

Make your own Italian dressing:

3 tablespoons oil

2 tablespoons vinegar

1 teaspoon Italian seasoning

½ teaspoon garlic powder

¼ teaspoon each salt & pepper

Directions:

1. Combine beans, potatoes, bell pepper and salad dressing in a medium bowl.
2. Stir until well coated; cover and refrigerate for 1 hour.

5. **Make Garlicky Oven Roasted Potatoes**

Ingredients:

2 (14.5oz) cans of canned whole potatoes, drained & rinsed

1 stick of butter, sliced into tablespoon size (for better melting)

1 teaspoon garlic powder

Sprinkling of salt and pepper

Directions:

1. Preheat the oven to 325 F and place a stick of butter in a non-stick 13x9 baking pan
2. Place the pan on the center rack of the oven until the butter is melted.
3. Remove from the oven and add the garlic powder. Mix well.
4. Add the drained potatoes and roll to grease the potatoes completely with the garlic butter.
5. Sprinkle with salt and pepper. Roast for about 25-30 minutes or until tops are a light golden brown, then flip potatoes and roast for another 25-30 minutes or until they're golden brown and the outsides are a bit crusty.
6. Remove from the oven and serve with a slotted spoon so you don't have much butter on them.

6. Make Ground Beef & Potatoes

Ingredients:

1 lb lean ground beef
1 (14.5 oz) can potatoes, drained and diced

2 tablespoons vegetable oil

½ teaspoon salt

Pepper to taste

Directions:

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

7. Make No Cook Potato Salad

Ingredients:

2 (14.5 oz) cans Whole Potatoes, drained
1/2 cup Miracle Whip or Mayonnaise
1/4 cup Sweet Pickle Relish
2 tablespoons Mustard
1/2 cup diced Celery

1/4 cup diced red onion

1/4 cup diced green pepper

3 diced hard boiled eggs

Salt & Pepper (to taste)

Paprika (garnish)

Directions:

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

8. Make Cheddar Potato Soup

Ingredients:

2 teaspoons oil
1 cup onion, diced
1 cup celery, diced
6 cups reduced-sodium broth
2 cups canned potatoes, mashed

8 ounces shredded Cheddar cheese

1/2 teaspoon salt

1/4 teaspoon black pepper

1 teaspoon dry mustard

Hot sauce, optional

Directions:

1. Add oil to a large pot set over medium-high heat. Add onion and celery and sauté for 2 to 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 hot sauce. Stir to combine and allow the cheese to melt.

9. Make Skillet Potatoes & Sausage

Ingredients:

1/2 pound sausage, cut into ½ inch coins
3 tablespoons oil
2 (14.5oz) cans potatoes, drained & rinsed
2 medium onions, sliced thinly or chopped

1 teaspoon oregano

1 1/2 teaspoons cumin (if available)

1/4 teaspoon salt

1/4 teaspoon pepper

Directions:

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

