Healthy Ways to Eat

**Powdered Potatoes**

1. Use as coating for your favorite fish! Dip in milk and then pat down with potato flakes & sauté!
2. Use in place of breadcrumbs as a meatball/meatloaf filler!
3. Use as a soup or gravy thickener! You might grind the flakes in a coffee grinder for smoother texture!
4. Make **Breakfast Ham Casserole** for a crowd pleasing breakfast!
   
   **Ingredients:**
   - 3 1/3 cups water
   - 1 teaspoon salt
   - 5 teaspoons butter
   - 1 1/4 cups low fat milk
   - 3 1/3 cups instant potato flakes
   - 1 teaspoon parsley flakes
   - 1 teaspoon dried basil (optional)
   - 3/4 cup grated parmesan cheese (optional)
   - 1 lb baked deli ham, cubed or shredded
   - 2 cups shredded cheddar cheese

   **Directions:**
   1. Combine water, salt, butter, garlic powder and parsley flakes and heat to a boil.
   2. Remove from heat. Add cold milk and stir in instant potato flakes gently until smooth.
   3. Pour instant potatoes into well-greased casserole dish.
   4. Top potatoes with ham. Top ham with shredded cheese.
   5. Broil 4-6 inches from heat for 60 seconds or until golden brown.

5. Make **Instant Potato Pancakes** because pancakes aren’t just for breakfast!
   
   **Ingredients:**
   - 1 cup cold water
   - 1 egg, beaten
   - 1/2 teaspoon salt
   - 1/4 cup dry potato flakes
   - 1 tablespoon chopped chives
   - 1 pinch ground pepper
   - 1 pinch cayenne pepper, or to taste
   - 1 tablespoon vegetable oil
   - 1 tablespoon butter

   **Directions:**
   1. Whisk together water, egg and salt in a large bowl until salt has dissolved. Stir in dry potato flakes until incorporated. Stir in 1 tablespoon of chopped chives; season with black pepper and cayenne pepper.
   2. Heat oil and butter in a large skillet over medium-high heat. Swirl the pan to combine.
   3. Divide potato mixture into four equal portions and shape into pancakes. Place the pancakes in the pan and reduce heat to medium. Cook until a well-browned crust has formed on the bottom of the pancakes, about 10 minutes. Flip each pancake and flatten slightly. Cook until other sides are browned, 7 to 8 more minutes.
   4. Transfer to plate; top each pancake with a dollop of sour cream or low fat plain yogurt and sprinkle each with 3/4 teaspoon chives.

6. Make **Hamburger Potato Casserole** a classic, easy to prepare weeknight dinner!
   
   **Ingredients:**
   - 1 lb. ground beef
   - 1 can tomato soup
   - 4 cups instant mashed potatoes, prepared
   - 1 (14.5 oz) can green beans, drained & rinsed
   - 1 cup shredded Cheddar cheese

   **Directions:**
   1. Brown hamburger; drain and mix with tomato soup in an oblong baking dish. Mix in green beans.
   2. Put potatoes around edges and sprinkle whole top with cheese.
   3. Bake for 20 minutes at 350 F or you may microwave it. This dish can be frozen and cooked later also.
7. **Make Easy Shepherd’s Pie** for a warming winter meal.

   **Ingredients:**
   - 1 lb. ground turkey or beef
   - 1 onion, chopped
   - 1 (15-oz.) can peas, drained & rinsed
   - 1 (15-oz.) can carrots, drained & rinsed
   - 1 (10-oz.) can cream of mushroom soup
   - 2 cups instant mashed potatoes, prepared according to box

   **Directions:**
   1. Preheat oven to 400°F.
   2. In a skillet over medium-high heat, cook ground meat and onions. Pour off any fat.
   3. In a casserole dish, combine beef mixture, peas, carrots, and soup.
   4. Spoon prepared potatoes over beef mixture. Bake for 15 minutes or until potatoes are browned. Serve warm.

8. **Make Easy Broccoli Cheese Potato Soup.** A delicious and comforting soup.

   **Ingredients:**
   - 32 ounces low sodium chicken broth
   - ½ cup onion, chopped
   - 2 cups fresh broccoli, chopped or thaw frozen broccoli
   - 1 cup instant potato flakes
   - 1 cup mild cheddar cheese, shredded
   - 2 cups low fat milk
   - ½ cup chopped celery (optional)
   - 2 tablespoons unsalted butter

   **Directions:**
   1. Place broth, onions, and broccoli in a pan and simmer 8-10 minutes. You should still see small chunks of broccoli floating in it.
   2. Add milk and stir in potato flakes.
   3. Stir in butter and cheese. Heat 2-3 more minutes. Serve with whole grain crackers or pasta.
   4. Adjust soup's consistency by adding milk to thin or more potato flakes to thicken.

9. **Make Crispy Baked Chicken** as an alternative to eating out or ordering in!

   **Ingredients:**
   - 1 cup instant potato flakes
   - ½ cup parmesan cheese, grated
   - 3 ½ lbs frying chickens, cut up
   - ½ cup butternut, melted
   - 1 teaspoon garlic powder

   **Directions:**
   1. Heat oven to 375°F and line a 9x13 baking pan with foil. Spray with cooking spray.
   2. In medium bowl, combine potato flakes, Parmesan cheese and garlic. Mix well.
   3. Dip chicken pieces into the butter, and then roll in potato flake mixture to coat. Place in pan.
   4. Bake for 45 to 60 minutes or until chicken is tender and golden brown.

10. **Make Southwestern Style Mashed Potatoes** for a bowl full of flavor!

     **Ingredients:**
     - 2-2 ½ cups potato flakes, prepared by package directions
     - 1 (15-ounce) can no-salt-added black beans, rinsed & drained
     - 1 (15 oz) can corn, drained & rinsed
     - 1 (15 oz) can diced tomatoes, with juices
     - 1/4 cup shredded cheddar cheese
     - 1/4 cup chopped fresh cilantro (if available)

     **Directions:**
     1. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and garlic, sauté 3 minutes. Reduce heat to low. Add all the spices at this point.
     2. Add beans, corn, and tomatoes; cook 4 minutes or until thoroughly heated.
     3. Heat potatoes up in the microwave or add to the skillet now to warm them.
     4. Top 4 equal servings of potatoes with mixture & cheese and cilantro, if using.