



# 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 $\frac{1}{3}$ cups water	1 teaspoon parsley flakes	1 teaspoon dried basil (optional)
1 teaspoon salt		
5 teaspoons butter		$\frac{3}{4}$ cup grated parmesan cheese (optional)
1 $\frac{1}{4}$ cups low fat milk		1 lb baked deli ham, cubed or shredded
3 $\frac{1}{3}$ cups instant potato flakes		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 tablespoon chopped chives
1 egg, beaten	1 pinch ground pepper
$\frac{1}{2}$ teaspoon salt	1 pinch cayenne pepper, or to taste
$\frac{3}{4}$ cup dry potato flakes	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  $\frac{3}{4}$  teaspoon chives.

6. Make Hamburger Potato Casserole a classic, easy to prepare weeknight dinner!

## Ingredients:

1 lb. ground beef	1 (14.5 oz) can green beans, drained & rinsed
1 can tomato soup	1 cup shredded Cheddar cheese
4 cups instant mashed potatoes, prepared	

## 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 (10-oz.) can cream of mushroom soup
1 onion, chopped	2 cups instant mashed potatoes, prepared according to box
1 (15-oz.) can peas, drained & rinsed	
1 (15-oz.) can carrots, drained & rinsed	

### 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	2 cups fresh broccoli, chopped or thaw frozen broccoli
½ cup onion, chopped	2 cups low fat milk
1 cup instant potato flakes	½ cup chopped celery (optional)
1 cup mild cheddar cheese, shredded	
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	3 ½ lbs frying chickens, cut up
⅓ cup parmesan cheese, grated	⅓ cup butter, 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
Cooking spray	1 (15 oz) can corn, drained & rinsed
1/2 cup onion, chopped	1 (15 oz) can diced tomatoes, with juices
2 garlic cloves, minced or 2 tsp garlic powder	1/4 cup shredded cheddar cheese
1 teaspoon ground cumin (if available)	1/4 cup chopped fresh cilantro (if available)
1 tablespoon chili powder	

### 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.

