



HEALTHY WAYS POWDERED POTATOES



Tips!

Use as coating for your favorite fish! Dip in milk and then pat down with potato flakes and sauté!

Use in place of breadcrumbs as a meatball/meatloaf filler!

Use as a soup or gravy thickener! You might grind the flakes in a coffee grinder for smoother

RECIPES

Breakfast Ham Casserole

Ingredients:

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| 3 1/3 cups water | 1 teaspoon parsley flakes |
| 1 teaspoon salt | 1 teaspoon dried basil (optional) |
| 5 teaspoons butter | 3/4 cup grated parmesan cheese (optional) |
| 1 1/4 cups low fat milk | 1 lb baked deli ham, cubed, or shredded |
| 3 1/3 cups instant potato flakes | 2 cups shredded cheddar cheese |

Directions:

1. In a pot, combine water, salt, butter, and parsley flakes. Bring 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 second or until golden brown.

Instant Potato Pancakes

Ingredients:

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| 1 cup cold water | 1 tablespoon chopped chives |
| 1 egg, beaten | 1 pinch ground pepper |
| 1/2 teaspoon salt | 1 pinch cayenne pepper, or to taste |
| 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 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 pancaked with a dollop of sour cream or low fat plain yogurt and sprinkle each with 3/4 teaspoon chives.

Hamburger Potato Casserole

Ingredients:

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

Directions:

1. Brown ground beef; 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.



MAKE IT A MEAL: RECIPES



Easy Shepherd's Pie

Ingredients:

- 1 lb. ground turkey or beef
- 1 onion, chopped
- 1 (15 oz.) can peas, drained and rinsed
- 1 (10 oz.) can cream of mushroom soup
- 2 cups instant mashed potatoes, prepared
- 1 (15 oz.) can carrots, drained and 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.

Broccoli Cheese Potato Soup

Ingredients:

- 32 oz. low sodium chicken broth
- broccoli
- 1/2 cup onion, chopped
- 1 cup instant potato flakes
- 1 cup mild cheddar cheese, shredded
- 1 cups fresh broccoli, chopped or thaw frozen
- 2 cups low fat milk
- 1/2 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 minutes. Serve with whole grain crackers or pasta.

Crispy Baked Chicken

Ingredients:

- 1 cup instant potato flakes
- 1/3 cup parmesan cheese, grated
- 1 teaspoon garlic powder
- 3 1/2 lbs. frying chicken, cut up
- 1/3 cup butter, melted

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 the potato flake mixture to coat. Place in pan.
4. Bake for 45 to 60 minutes or until chicken is tender and golden brown.

Southwestern Style Mashed Potatoes

Ingredients:

- 2—2 1/2 cups potato flakes, prepared
- rinsed & drained
- Cooking spray
- 1/2 cup onion, chopped
- 2 garlic cloves, minced or 2 tsp garlic powder
- 1 teaspoon cumin (optional)
- 1 tablespoon chili powder
- 1 (15-oz.) can no-added salt black beans,
- 1 (15-oz.) can corn, rinsed & drained
- 1 (15-oz.) can dice tomatoes, with juices
- 1/4 cup shredded cheddar cheese
- 1/4 cup fresh cilantro, chopped (optional)

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 to warm them.
4. Top 4 equal servings of potatoes with mixture and cheese and cilantro, if using.