



Harvest of the Month

September: Potatoes Regular and Sweet



Healthy Serving Ideas:

- Boil, bake, roast or grill potatoes. Sprinkle with fresh herbs and spices.
- Top baked potatoes with mashed avocado instead of butter. Other toppings include salsa, broccoli, low-fat cheddar cheese, and low-fat cottage cheese
- Boil cubes of potatoes and carrot slices. Mash with a small amount of reduced-sodium chicken broth to make orange mashed potatoes.
- Serve water, low-fat or nonfat milk, or 100% juice

Chile Cheese Sweet Potatoes

Ingredients:

3-4 ea sweet potatoes
2 Tbl creole seasoning
Pan spray as needed
8 oz ground beef
16 oz chili beans
8 oz tomato sauce
1 Tbl tomato paste
1 ea onions, diced
1 Tbl chili powder
½ tsp garlic powder
Pinch black pepper
Pinch Italian seasoning
Pinch cayenne pepper (if desired)
2 Tbl Worcestershire sauce
1 cup beef broth
4 oz Shredded cheddar cheese
Sour cream if desired
Onions/green onions if desired

Method for Potatoes:

Preheat oven to 375°F. Cut sweet potatoes into rounds about ½" thick.
OR, roast potatoes whole until mostly tender. Let cool, slice ½" thick, and then continue with recipe.
Spray sheet pan with pan spray, lay out sweet potatoes and spray again with pan spray.
Sprinkle potatoes with creole seasoning and roast until tender (30-40 minutes)

Method for Chili:

Brown beef in pot, stirring regularly.
When beef is mostly cooked, add onions and let cook until translucent.
Add remaining ingredients, except cheese, and simmer until thickened.

When potatoes are tender, top with a spoonful of chili, a pinch of cheese, and put back in oven until cheese is melted.



Oven Wedge Fries

Cook time: 25 minutes

Ingredients:

Nonstick cooking spray
2 Large russets potatoes, wedged
2 Cloves garlic, finely chopped
1 tsp Italian herb seasoning mix
1 tsp chili powder or paprika

Cooking Method:

Preheat oven to 400F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
In a small bowl, combine garlic with seasonings. Sprinkle 1/2 of the mixture over top of potato wedges.
Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
Bake for another 7 minutes or until wedges are brown and cooked through.
Serve hot.