

APPETIZERS

CHEESY POTATO SNACKS

2 medium baking potatoes

melted butter

salt and pepper

1¹/₄ cups finely shredded cheese

6 slices cooked, crumbled bacon

3 tablespoons finely chopped green onion

Cut a thin slice from the end of each potato; discard. Cut potato into ¹/₄ inch slices. Dry slices. Place in single layer on a lightly buttered cookie sheet. Brush with melted butter, sprinkle with salt and pepper. Bake in 375°F for 10 minutes. Combine cheese, bacon, and onions. Spoon onto potato slices. Bake 5 min. longer, or until cheese melts. Makes approximately 30 slices.

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What causes potatoes to turn green? A compound in potatoes called solanin is formed if exposed to sunlight or man made light. This gives potatoes a green tinge, is bitter to taste and in large amounts can cause cancer.

TERRIFIC TATER SKINS

Arrange these flavourful snacks on a paper napkin-lined plate or in a basket. They'll disappear quickly.

4 medium Russet potatoes

Flavour variation

Bake potatoes until tender. Cool slightly. Cut in half lengthwise, then cut each half into thirds crosswise, to form six sections from each potato. Scoop pulp from skins, leaving a $\frac{1}{4}$ -inch shell; reserve potato pulp for another use.

Line a baking sheet with foil if desired. Prepare flavour variation of your choice. Place potato pieces, skin-side down, on baking sheet. Top as desired. Bake in a 400°F (200°C) oven for 20 to 25 minutes or until skins are crispy and lightly browned. Serve immediately.

Serves 6.

FLAVOUR VARIATIONS

HERBED TATER SKINS: Mix together 1 tablespoon (15 mL) vegetable oil; 2 teaspoons (10 mL) dried dill weed; 2 teaspoons (10 mL) onion powder; $\frac{1}{4}$ teaspoon (1 mL) garlic powder and black pepper to taste. Cover with a tight fitting lid. Gently shake potato skin slices to coat. Place on baking sheet.



101 calories; 3 g fat; 2 g protein; 18 g carbohydrate;
2 g fibre; 6 mg vitamin C; 8 mg sodium;
258 mg potassium.
22% of calories are from fat.

TEXAS TATER SKINS: Mix together in a small bowl, $\frac{1}{4}$ cup (50 mL) thick barbecue sauce; $\frac{1}{4}$ teaspoon (1 mL) garlic powder; dash of dry mustard powder; dash of chilli powder if desired and pepper to taste. Generously brush inside of skins with mixture.



84 calories; 0 g fat; 2 g protein; 19 g carbohydrate;
3 g fibre; 7 mg vitamin C; 92 mg sodium;
262 mg potassium.
0% of calories are from fat.

NACHO TATER SKINS: In a small bowl, stir 1 cup each shredded Monterey Jack and Colby cheese and $\frac{1}{2}$ teaspoon chili powder. Generously sprinkle over potato skins. After baking, top with your choice of sliced jalapeno peppers, sliced olives, sliced or chopped pimiento or diced green chilies.

CAJUN TATER SKINS: In a small bowl, stir $\frac{1}{2}$ cup melted butter or margarine, 1 teaspoon pepper and $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon hot pepper sauce. Dip each piece of potato into butter mixture to coat, place on baking sheet and drizzle any remaining butter over the potatoes. Just before serving, sprinkle with paprika and, if desired, salt.

LEMON POTATO WEDGES

This pleasant start to a meal combines the tartness of lemon with the flavour of oven-baked potatoes. This has less fat than a deep-fried appetizer.

$\frac{1}{2}$ teaspoon (2 mL) dill weed

1 teaspoon (5 mL) finely grated lemon peel

3 tablespoons (45 mL) lemon juice

1 tablespoon (15 mL) melted butter or margarine

4 medium potatoes, unpeeled

Combine dill weed, lemon peel, lemon juice and butter. Cut each potato lengthwise into 8 wedges. Place potato wedges on baking sheet. Brush with dill mixture. Bake at 425°F (220°C) for 20 minutes or until potatoes are tender. Serves 8.



97 calories; 2 g fat; 2 g protein; 20 g carbohydrate;
2 g fibre; 13 mg vitamin C; 21 mg sodium;
327 mg potassium.
14% of calories are from fat.

The leftover potato pulp can be used for Falafels, Potato Biscuits or for topping Old-Fashioned Chicken Pot Pie.

POTATO PIZZA

A Californian version of traditional pizza which may also be used as a main dish.

- 2 cups thinly sliced red skinned potatoes
- 2 teaspoons olive oil
- freshly ground black pepper
- Dough for a 14 inch (35 cm) pizza
- $\frac{3}{4}$ cup (200 mL) pesto sauce (see recipe that follows)
- $\frac{1}{4}$ cup (50 mL) grated low fat mozzarella cheese

Preheat oven to 450°F (230°C). Lightly oil a baking sheet. Toss sliced potatoes with oil and sprinkle with pepper. Roast in oven about 10 to 15 minutes or until browned.

Spread pesto sauce thinly over the pizza dough. Sprinkle mozzarella cheese over the pesto. Add roasted potato slices. Bake pizza in oven until dough is lightly browned, about 15 minutes. Serve hot. Serves 10 appetizers.



*114 calories; 5 g fat; 4 g protein; 15 g carbohydrate;
1 g fibre; 3 mg vitamin C; 165 mg sodium;
107 mg potassium.
35% of calories are from fat.*

Mr. Potato Head says: "I prefer to go out with my clothes on.
Cook potatoes with the peel on."

PESTO SAUCE

- 1 cup (250 mL) chopped spinach leaves
- 1 tablespoon (15 mL) dried basil
- 1 clove minced garlic
- $\frac{1}{4}$ cup (50 mL) chopped walnuts
- $\frac{1}{4}$ cup (50 mL) olive oil
- $\frac{1}{4}$ cup (50 mL) parmesan cheese

Place spinach, basil, garlic, walnuts, olive oil and cheese into a blender or food processor. Purée to the consistency of a paste. Store in the refrigerator. Yield: approximately $\frac{3}{4}$ cup (200 mL).



*One tablespoon (15 mL) has:
60 calories; 6 g fat; 1 g protein; 1 g carbohydrate;
0 g fibre; 1 mg vitamin C; 40 mg sodium;
40 mg potassium. 88% of calories are from fat.*

What vegetables are botanical "first cousins" to the potato?
Eggplant.