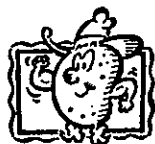


SIDE DISHES FROM THE OVEN

POTATO AND GARLIC ROAST

4 medium baking potatoes, unpeeled; cut into 1 inch (2½ cm) cubes
2 tablespoons (30 mL) olive oil
1 tablespoon (15 mL) fresh rosemary
½ teaspoon (5 mL) salt
3 cloves garlic, peeled and sliced

Preheat the oven to 450°F (230°C). Prepare potatoes and toss with oil, rosemary and salt. Bake about 10 minutes and turn, adding garlic. Bake another 15 minutes, turning once more. Potatoes should be tender and golden brown Serves 4.



229 calories; 7 g fat; 4 g protein; 39 g carbohydrate;
4 g fibre; 20 mg vitamin C; 297 mg sodium;
645 mg potassium.
27% of calories are from fat.

CHEESY POTATOES

3 lbs. potatoes, cooked and mashed	½ cup milk
1 - 8-oz. package creamed cheese	½ teaspoon salt
¼ cup margarine or butter	¼ teaspoon pepper
½ cup sour cream	2 eggs
	¼ cup chopped onion

Add cream cheese and butter to potatoes. Mix well and add sour cream. Separately mix milk, salt, pepper, onions and eggs.

Fold into mashed potato mixture. Put in a greased casserole dish. Refrigerate overnight. Sprinkle with paprika and place in oven at 350°F for 45 minutes until lightly browned.

Jenny Stolk
Taber, AB

COLCANNON

This traditional Irish dish is a mixture of mashed potatoes and cabbage. The flavours go well together and the texture of the steamed cabbage adds a bit of crunch.

6 medium potatoes, chopped
⅓ cup (75 mL) milk
2 tablespoons (25 mL) butter or margarine
¾ teaspoon (3 mL) salt
2 cups (500 mL) shredded cabbage
3 slices bacon
½ cup (125 mL) chopped onion
1 cup (250 mL) soft bread crumbs
¼ teaspoon (1 mL) paprika
2 tablespoons (30 mL) melted butter

Cook potatoes in boiling water until tender. Drain. Mash with milk, butter and salt. While potatoes are cooking, steam cabbage until tender-crisp. Sauté bacon until crisp, then crumble. Drain off half the fat.

In remaining fat, sauté onion until soft. In greased 1.5 L (1½ quart) baking dish, combine potato, cabbage, bacon and onion. Mix bread crumbs, paprika and melted butter and sprinkle over potato mixture. Bake at 400°F (200°C) for 10 minutes or until golden. Makes 6 servings.

Poor Mr. Potato Head kept falling down.
Not enough starch in his collar!

CRUSTY POTATO LOGS

6 medium potatoes, boiled
1/4 cup soft butter (or less)
1 teaspoon salt
1/8 teaspoon pepper
1 egg beaten

1 1/2 cups finely crushed corn flakes
1/4 teaspoon thyme (optional)
3 egg yolks (optional)

Mash cooked potatoes. Add butter, salt, thyme, pepper and yolks. Mix well.

Shape into 18 logs (about 2 heaping tablespoons). Dip in beaten egg. Roll in crushed corn flakes. Place on greased baking sheet. Bake at 425°F for 15 to 20 minutes.

These can be made a day ahead and kept in fridge until needed.

OVEN-CREAMED POTATOES

2 cups chopped onions
2/3 cup chopped green peppers
1/2 cup chopped celery
1/2 cup margarine
6 tablespoons flour

4 cups milk
2 teaspoons salt
1/4 teaspoon pepper
6 cups cubed cooked potatoes

Fry onions, green peppers and celery in margarine (do not brown). Stir in flour, add milk, cook stirring constantly, until mixture is thickened. Place potatoes in greased casserole. Pour sauce over top and sprinkle with 1 cup grated cheese (optional).

Bake at 350°F for 30 minutes. Makes 10 to 12 servings.

Cathy Wind
Taber, AB

ITALIAN POTATOES

1 tablespoon (15 mL) vegetable oil
2 medium onions, chopped
2 cloves garlic, crushed
1 - 28 oz (798 mL) can diced tomatoes
4 medium red potatoes, unpeeled; sliced
pepper to taste
1/2 teaspoon (5 mL) basil
1 teaspoon (5 mL) oregano
3/4 cup (200 mL) grated lower fat Swiss cheese
3 tablespoons (45 mL) buttered bread crumbs.

Pre-heat oven to 350°F (180°C). Brown onions and garlic in oil. Add tomatoes, spices and simmer gently for 5 minutes.

In a lightly greased casserole; layer one-third the tomatoes, half the potatoes and cheese; repeat layer and top with remaining third of tomatoes. Top with butter crumbs and cover. Bake for 2 hours. Serves 6.



160 calories; 4 g fat; 5 g protein; 29 g carbohydrate;
4 g fibre; 26 mg vitamin C; 268 mg sodium;
690 mg potassium.
21% of calories are from fat.

Yvonne McGillivray
Coaldale, AB

Potato to the peeler: "I've got my eye on you."

BALSAMIC BLUE ROASTED POTATOES

6 medium, blue potatoes; unpeeled; cut into 1 inch (2½ cm.) cubes
2 onions, peeled
2 tablespoons (30 mL) olive oil
¼ cup (50 mL) balsamic vinegar
1 teaspoon (5 mL) thyme
½ teaspoon (2 mL) salt
black pepper to taste

Preheat oven to 450°F (230°C).

Clean potatoes, removing unwanted blemishes. Cut the onion into wedges leaving the root end intact. Place in one layer in a microwave dish and cook on HIGH for 6 minutes. Toss the potatoes with the oil. Transfer to a lightly greased baking sheet.

Mix together the balsamic vinegar, thyme, salt and pepper. Pour over the potatoes and toss. Bake in oven for 25 to 30 minutes, turning occasionally. Serves 4.



*253 calories; 7 g fat; 4 g protein; 45 g carbohydrate;
5 g fibre; 24 mg vitamin C; 299 mg sodium;
745 mg potassium.
24% of calories are from fat.*

QUICK OVEN FRIES

Try this for a quick snack or to complement your meal.

2 large baking potatoes
1 tablespoon (15 mL) oil
1 teaspoon (5 mL) sage
dash of black pepper
Dash of onion powder (optional)

Preheat oven to 450°F (230°C). Lightly grease a baking sheet. Cut into ¼-inch (½ cm) wedges. Place in a medium bowl or pie plate.

Mix together oil, sage and pepper. Toss over potatoes until coated. Spread in a single layer on baking sheet. Bake for 20 minutes or until brown and tender, turning occasionally for even browning. Sprinkle with onion powder if desired. Serve immediately. Serves 4.



*140 calories; 2 g fat; 2 g protein; 25 g carbohydrate;
2 g fibre; 13 mg vitamin C; 8 mg sodium;
422 mg potassium.
22% of calories are from fat.*



Preparation and cooking time is 30 minutes.

“You’re my kind of dish,” said the Spudder to the Fry.

ASIAN BAKE

- 4 medium baking potatoes, unpeeled; cut in 1 inch (2½ cm) cubes
- 1 tablespoon low sodium soy sauce
- ¾ cup (200 mL) crushed corn flakes
- ¾ teaspoon (4 mL) ginger powder
- 1½ teaspoon (7 mL) garlic powder
- 1 teaspoon (5 mL) black pepper

Preheat oven to 425°F (220°C). Prepare diced potatoes. Toss potatoes in soy sauce. Measure crushed corn flakes and spices into blender and blend until finely crushed. In a plastic bag, shake corn flake coating and potatoes until potatoes are well coated.

Spread in one layer on a lightly greased baking sheet. Bake for 15 to 20 minutes, stirring once.



228 calories; 0 g fat; 5 g protein; 53 g carbohydrate;
4 g fibre; 20 mg vitamin C; 280 mg sodium;
679 mg potassium.
0 % of calories are from fat.



Preparation time is 25 to 30 minutes.

Stock broker's favourite potatoes are blue chips.

POTATO-CHEESE PUFF

- 2 cups hot mashed potatoes
- 1 cup shredded sharp cheddar cheese
- 2 tablespoons butter
- 2 egg yolks, beaten
- ½ cup milk
- 1 teaspoon salt
- ⅛ teaspoon dry mustard
- 2 egg whites, stiffly beaten
- chopped chives, for garnish

In bowl, blend together potatoes, cheese and butter. In separate bowl, combine egg yolks, milk and seasonings. Add egg yolk mixture to potato mixture; beat until smooth. Fold stiffly beaten egg whites into mixture. Turn into well buttered casserole dish. Bake at 350°F for about 40 - 45 minutes or until golden brown. Garnish with chopped chives.

Ann-Marie Sera
Coaldale, AB

THE THREE POTATOES

Combine white and blue fleshed potatoes with sweet potatoes for a colorful white, blue and orange dish.

- 2 medium baking potatoes
- 2 medium blue potatoes
- 1/2 sweet potato
- 2 tablespoons (30 mL) vegetable oil
- 2 tablespoons (30 mL) chili powder
- 1/2 teaspoon (2 mL) each salt and thyme
- 1/4 teaspoon (1 mL) pepper

Preheat oven to 450°F (230°C). Clean potatoes and cut into 1/2 inch (1 cm) wedges. Mix together oil and spices. In a large bowl, toss potato with oil mixture. On a lightly greased baking sheet, arrange potatoes in one layer. Bake about 25 minutes or until browned and tender. Turn occasionally while baking. Serves 6.



141 calories; 5 g fat; 2 g protein; 23 g carbohydrate;
3 g fibre; 14 mg vitamin C; 222 mg sodium;
400 mg potassium.
31% of calories are from fat.

Why couldn't the little potato join in the big potato games?
He was just a small fry.

CAJUN BAKE

If you want a little spice in your life, this recipe will add zip.

- 4 medium baking potatoes, cut in 1 inch (2 1/2 cm) cubes
- 1 tablespoon vegetable oil
- 3/4 cup (200 mL) crushed corn flakes
- 1 teaspoon (5 mL) dried basil
- 1 teaspoon (5 mL) paprika
- 1/2 teaspoon (2 mL) fennel seeds
- 1/2 teaspoon (2 mL) thyme
- 1/2 teaspoon (2 mL) oregano
- 1/2 teaspoon (2 mL) salt
- 1/2 teaspoon (2 mL) black pepper
- 1/4 teaspoon (1 mL) red pepper flakes

Preheat oven to 425°F (220°C). Prepare diced potatoes with the skins on if you prefer. Toss potatoes in vegetable oil. Measure crushed corn flakes and spices into blender and blend until finely crushed. In a plastic bag, shake coating and potatoes until potatoes are well coated.

Spread in one layer on a lightly greased baking sheet. Bake for 15 to 20 minutes, stirring once. Serves 6.



169 calories; 3 g fat; 3 g protein; 34 g carbohydrate;
3 g fibre; 14 mg vitamin C; 101 mg sodium;
459 mg potassium.
13% of calories are from fat.



Preparation and cooking time is 25 to 30 minutes.

BAKED POTATOES

Baked potatoes are easy to prepare and can be cooked at a range of temperatures depending on what other dishes are being prepared.

325°F (160°C) - 75 to 85 minutes

375°F (190°C) - 50 to 60 minutes

425°F (220°C) - 40 to 50 minutes



One large baked potato has:

220 calories; 0 g fat; 5 g protein; 51 g carbohydrate;

5 g fibre; 26 mg vitamin C; 16 mg sodium;

844 mg potassium.

0% of calories are from fat.

BAKED POTATO TOPPINGS - ON THE LIGHTER SIDE

light sour cream

no fat sour cream

salsa

plain yogurt

sliced mushrooms marinated in a low fat Italian dressing

chopped red pepper, green pepper, cucumber and spices

HERB BUTTER

Use as a topping for baked, mashed or Twice-Baked potatoes.

1/2 cup butter or margarine, softened

1 tablespoon minced parsley

1 1/2 teaspoons minced chives or green onion

3/4 to 1 teaspoon dried herbs, crushed, such as dill, basil, marjoram or Italian herbs

1/4 to 1 teaspoon salt, garlic salt or smoke-flavoured salt

1/8 teaspoon pepper or dash of hot pepper sauce

In a small bowl, beat butter, parsley, chives, dried herbs, salt and pepper until well blended. Cover and chill at least 30 minutes to blend flavours. Makes about 1/2 cup.

DELUXE BLUE CHEESE TOPPING

Make it chunky for real blue cheese lovers!

1/2 cup mayonnaise

1/2 cup dairy sour cream

1 tablespoon white vinegar

1 tablespoon grated onion

1/2 teaspoon sugar

1/8 teaspoon salt

1/8 teaspoon dry mustard

1/8 teaspoon garlic powder

Hot pepper sauce to taste

2 ounces blue cheese, crumbled (about 1/4 cup)

In a medium bowl, combine mayonnaise, sour cream, vinegar, onion, sugar, salt, mustard, garlic powder and hot pepper sauce. Stir in blue cheese. Cover and refrigerate several hours to blend flavours.

Use as a topping for baked potatoes. If desired, garnish with paprika and imitation bacon bits. Makes about 1 cup.

ZIPPY CHEDDAR-CHILI TOPPING

To make a dip, increase the sour cream to cup and eliminate the butter. Add salt to taste.

1 tablespoon water

2 teaspoons dried minced onion

1 cup shredded cheddar cheese (4 oz.)

1/2 cup dairy sour cream

1/2 cup butter or margarine, softened

1/2 of a 4-oz. can diced green chilies

Salt (optional)

In a small bowl, place water and onion. Let stand until softened. Stir in cheddar cheese, sour cream and butter until well blended. Stir in green chilies.

Use as a topping for baked or mashed potatoes. Sprinkle with salt if desired. Makes about 1 1/3 cups.