

### Potato Bake

6 Potatoes- thinly sliced      1tsp salt  
1 med. onion- thinly sliced      f.g. pepper  
2 Tbsp. butter      ½ c water  
1/4c grated cheese

Sauté onion in butter until transparent.  
Arrange ½ the potatoes in 6 c. casserole. Cover with onions, add remaining potatoes. Combine salt, pepper and water, and pour over potatoes. Sprinkle with cheese, cover and bake at 375\* oven for approx. 40 min. uncover and bake until cheese begins to crisp around edges.

### Chocolate Cake

½ c softened marg.      1c sugar  
2 lg. eggs      1 tsp. vanilla  
1c Buttermilk      1c. mashed potatoes  
1 ¾ c flour      1/3 c cocoa  
1 tsp. baking powder      ½ tsp. baking soda  
½ tsp. cinnamon      ½ tsp. salt

Cream margarine and sugar, beat in eggs. Add vanilla, mix well.  
In small bowl, slowly add buttermilk to potatoes, beat until smooth. Add to egg mixture.  
Combine next 6 ingredients. Add to potato mixture. Beat slowly, until flour is mixed in, then on medium for 1 min.  
Pour into greased 9" x 9" pan. Bake @ 350\* for 40 min or until toothpick comes out clean. Cool.  
Ice with chocolate icing (below)

### Chocolate Icing

¼ c warm mashed potatoes  
2 ¾ c icing sugar      2 Tbsp. cocoa  
½ tsp. vanilla      2 Tbsp. warm water

Sieve potatoes into medium bowl and stir in sugar and cocoa. Slowly beat in vanilla and water. You may add more water or icing sugar until desired spreading consistency is reached.

### Bacon and Cheese Spuds

4 medium baked potatoes  
1/4c herb flavored cream cheese  
1 Tbsp. milk      ¼ c shredded cheese  
¼ tsp. salt      1/16 tsp. pepper  
3 bacon slices, diced      ½ c fresh mushrooms  
2 Tbsp. green onion      ¼ c shredded cheese

Cut ¼ "top off each potato. Scoop out pulp into med. Bowl leaving ¼ "shell. Discard tops and mash pulp.

Add next 5 ingredients.  
Fry bacon until crisp. Remove from pan with slotted spoon. Add all but 1 Tbsp. to potato pulp.  
Drain all but 1 Tbsp. grease from frying pan, add mushrooms, green onion. Sauté until soft and add to pulp mixture. Stuff shells.  
Place on ungreased baking sheet, top with remaining cheese and reserved bacon.  
Bake in 350\* oven for 20 min.

### Low Fat Oven Fries

4 Potatoes cut into fries  
3 Egg whites  
Seasoning salt

Par boil potatoes for 5 minutes. Drain and cool, toss in egg white. Spray cookie sheet with non-stick spray, place fries on cookie sheet and sprinkle with seasoning salt. Bake at 375\* for 30 minutes, or until golden brown.

### Fluffy Garlic Potatoes

4 med baking potatoes quartered  
¼ tsp. salt      3 Tbsp. plain yogurt  
2 Tbsp. fresh parsley      ¼ tsp. pepper  
1 clove minced garlic (or ¼ tsp. powder)

Pour 1" water in med. saucepan and add potatoes and salt. Cover, and bring to boil. Reduce heat to med. and boil gently for 12-15 min. Drain and Mash.  
Add remaining 4 ingredients, and beat until smooth and fluffy. Makes 2 ½ c.

### Potato Cakes

3 large baking potatoes grated  
1 egg                                      2 green onions  
½ c. finely diced onion    ½ tsp. pepper  
¼ c fine bread crumbs    1 tsp. seasoning salt

2 Tbsp. cooking oil  
Chopped green onion

Combine first 7 ingredients in bowl.  
Divide into 8 equal portions. Shape into ½" thick cakes. Heat 1 Tbsp. oil in frying pan on medium and add 4 cakes. Cook for 12 min turn, and cook about 5 min more until golden. Remove to paper towel to drain, and repeat with remaining oil and cakes.  
Garnish with chopped green onion.

### German Potato Salad

4 med. red or yellow skinned potatoes peeled and quartered

Water  
¾ tsp. salt                                      1/8 tsp. pepper  
6 bacon slices diced                      1 c. chopped onion

1 ½ Tbsp. sugar                              1 Tbsp. flour  
½ tsp. dry mustard                      1/8 tsp. salt

½ c. milk    1 ½ Tbsp. vinegar

Boil potato until tender. Drain, and cut into small cubes.  
Add ¾ tsp. salt and pepper. Toss together well. Cover to keep warm.  
Sauté bacon for 304 min, add onion and fry until onion is golden. Drain stir in potatoes, cover to keep warm.  
Mix sugar, flour mustard, and 1/8 tsp. salt in small saucepan. Stir in milk and vinegar until smooth. Heat and stir until boiling and thick. Pour over potato mixture, toss to coat.

### Potato Stir-Fry

3 med. peeled cubed, red or yellow skinned potatoes  
Water  
1 ½ tsp. cornstarch                              ¼ tsp. salt  
1 ½ tsp. chicken bouillon                      ½ c. water  
¾ tsp. sugar  
1 ½ tsp. cooking oil                              4-5 slices ginger

Cook potatoes in first amount of water for about 10 min. until still firm but starting to soften.  
Whisk next 5 ingredients in cup, and set aside. Heat oil in wok or frying pan. Add ginger and stir-fry about 30 seconds. Add potato, stir fry until heated through and starting to brown. Discard ginger slices. Stir cornstarch mixture. Stir into potato mixture until boiling and thick.

### Cheesy Potato Skins

3 tbsps. Oil    4 unpeeled potatoes  
1 c. cheese    1 Tbsp. green onion  
½ c. sour cream                                      ½ c salsa

Rub few drops of oil onto each potato.  
Set on oven rack and bake at 425\* for about 40 minutes until tender.  
Cut each potato in half lengthwise. Remove pulp with spoon, leaving skins ¼ "thick. Cut each half into 4 wedges. Rub each wedge on skin side with oil. Place, skin-side-down, on baking sheet. Sprinkle with cheese and onion. Bake 425\* for 10-13 min.  
Serve with sour cream and salsa.

### Mashed Potato Soup

3c Water    2 Chicken bouillon cubes  
1/3 c onion    ¼ c celery  
1 Tbsp. parsley                                      ¾ tsp. salt  
1/8 tsp. pepper                                      1/16 tsp. garlic powder  
3 c. milk    4 c. mashed potatoes

Heat water and bouillon in pot until cubes are dissolved. Add next 6 ingredients. Boil, cover and simmer until vegetables are tender. Add milk and potato. Heat and stir, use electric mixer to blend if desired. Reheat without boiling.

