

MAIN DISHES

CHEESY POTATOES AND CHOPS

A favourite combination.

4 tenderloin pork chops
1½ teaspoons dried Italian herb seasoning, crushed
½ teaspoon garlic powder
¼ teaspoon salt
dash pepper
2 tablespoons vegetable oil
1 can (10 oz.) condensed cream of mushroom soup
½ cup water
4 medium potatoes (about 1¼ lb.)
1 medium onion, thinly sliced
Chopped parsley (optional)

Preheat oven to 350°F. Trim excess fat from chops. In a small bowl, mix Italian seasoning, garlic powder, salt and pepper. Sprinkle half of the herb mixture onto chops and rub in.

In a large skillet over medium-high heat, brown both sides of chops in hot oil. Arrange in a single layer in a shallow 2-quart baking dish; set aside.

Reduce heat to low. Pour off excess drippings from skillet. Add soups and water, stirring to loosen browned bits on bottom of skillet; set aside.

Meanwhile, peel potatoes. Slice into a large bowl (you should have about 4 cups). Add onion and remaining herb mixture, tossing to coat well. Spread on top of chops. Evenly pour soup mixture over potatoes. Cover tightly with foil.

Bake for 1½ hours or until chops and potatoes are tender.

If desired, garnish with parsley and serve. Makes 4 servings.

CHICKEN AND POTATO PICCATA

A quick easy-to-prepare complete meal which is lower in fat. Who could ask for anything more?

4 medium red potatoes, unpeeled, cut into ¼ inch (1½ cm) wedges
1 tablespoon (15 mL) olive oil
4 green onions, sliced
3 tablespoons (45 mL) lemon juice, divided
2 tablespoons (30 mL) grated lemon peel, divided
2 teaspoons (10 mL) dried basil leaves
Salt and pepper, to taste
4 x 6 ounces (180 g) boned and skinned chicken breast halves;
cut into ½ inch (1 cm) strips
¼ cup (50 mL) chicken broth
¼ cup (50 mL) chopped celery

Microwave potato wedges on HIGH for 6 minutes. Heat oil in skillet over medium heat. Place potatoes in skillet; cook, turning occasionally, for about 5 minutes, until potato is cooked halfway. Mix in onions, half the lemon juice and lemon peel, basil, and chicken strips; cook and toss for about 10 minutes. Potatoes should be fork tender and chicken juices should be clear. Remove the food from the skillet.

Raise heat to medium-high; deglaze skillet with broth, scraping up any bits left on bottom of pan; stir in parsley and the remaining juice and peel. Season with salt and pepper. Return potatoes and chicken to skillet; toss to heat through. Serves 4.



425 calories; 9 g fat; 46 g protein; 40 g carbohydrate;
5 g fibre; 34 mg vitamin C; 165 mg sodium;
1121 mg potassium.
18% of calories are from fat.

CHUCKWAGON SUPPER PIE

A change of pace for meat and potatoes.

- 3/4 pound bulk pork sausage
- 1/2 pound lean ground beef
- 1 cup soft bread crumbs
- 1/4 cup water
- 1 egg, lightly beaten
- 1 teaspoon ground sage
- 1/2 teaspoon ground thyme
- dash black pepper
- 1 can (16 oz.) pork and beans with tomato sauce
- 1 can (8 1/2 oz.) lima beans, drained
- 2 teaspoons instant minced onion
- 2 teaspoons Worcestershire sauce
- 3 cups hot seasoned mashed potatoes
- 1 egg, lightly beaten

Preheat oven to 375°F. In a large bowl, mix together sausage, ground beef, bread crumbs, water, egg, sage, thyme and pepper. Press evenly into a 9-inch pie plate, forming 3/4-inch layer on bottom and sides of plate. Bake for 20 minutes; drain off excess fat.

In a medium bowl, stir together beans, onion and Worcestershire sauce. Spoon mixture into meat shell. Bake for 15 minutes or until bean mixture is bubbly; remove from oven. Turn oven to broil.

In a medium bowl, mix potatoes and egg until well blended. Carefully spread potato-egg mixture over bean mixture, sealing to edge of the pie plate. Broil 4 inches from heat source until top is lightly browned. Cut into wedges to serve. Makes 6 servings.

FAVOURITE BRUNCH OMELETTES

Rich and hearty!

- 2 slices bacon, cut in 1/2-inch pieces
- 1 cup diced cooked potato
- 2 tablespoons slice green onions
- 1 clove garlic, minced
- 4 eggs
- 1 tablespoon water
- 1/4 teaspoon salt
- Dash of pepper
- 1 tablespoon butter or margarine
- 1/2 cup shredded Fontina or Monterey Jack cheese

In a medium saucepan over medium heat, sauté bacon until crisp. Add potato, green onions and garlic. Cook and stir until heated through; set aside and keep warm.

Meanwhile, in a medium bowl, whisk eggs, water, salt and pepper just until blended.

In a 7-inch non-stick skillet over medium-high heat, melt half of the butter until it foams. Rotate skillet to coat sides. When foam subsides, pour half of the egg mixture into skillet. Stir in a circular motion for 30 seconds. As outer edges set, use an inverted pancake turner to lift edges and tilt skillet so uncooked egg can flow to bottom. When center is creamy and edges are set to desired doneness, spoon half of the potato mixture over one side of omelette. Run a spatula around edge of omelette. Fold unfilled side over filled side. Tilt skillet and slide onto a warmed plate. Sprinkle with half of the cheese. Cover with a lid to keep warm and melt the cheese.

Repeat with remaining butter, egg mixture, potato filling and cheese. Serve immediately. Serves 2.

GARDEN STUFFED POTATOES

An easy make-ahead dish.

- 4 medium baking potatoes (about 1½ lb.)
- 2 packages (10 oz. each) frozen broccoli, carrots and cauliflower in cheese sauce, cooked according to package directions
- 1¼ cups diced cooked ham or turkey (optional)
- ½ cup grated Parmesan cheese
- ½ cup butter or margarine
- 6 to 8 drops hot pepper sauce

Bake potatoes. Slice off the top ¼ inch of each potato. Discard top. Carefully spoon out centre pulp, leaving about a ½ inch shell.

Place pulp in a medium bowl and mash until smooth. Stir in vegetables with sauce, ham, Parmesan, butter and hot pepper sauce. Spoon into potato shells. Wrap individually in foil and bake or refrigerate up to 24 hours.

Bake in foil in a preheated 350°F oven for 30 minutes. Open foil and broil 6 inches from heat source for 3 to 4 minutes or until golden brown. Serves 4.

Baked potatoes can be cooked in a range of time and temperatures depending on what else you are baking or roasting:

- 325°F (160°C) = 75 to 85 minutes
- 375°F (190°C) = 50 to 60 minutes
- 425°F (220°C) = 40 to 50 minutes

MEXICAN STUFFED POTATOES

A satisfying and tasty lacto vegetarian dish.

- 4 medium baking potatoes
- 2 tablespoons (30 mL) diced onion
- 1 teaspoon (5 mL) vegetable oil
- 2 teaspoons (10 mL) all-purpose flour
- 1 medium zucchini, quartered lengthwise and sliced 1¼ inch (3 cm.) thick
- ½ cup (125 mL) hot water
- 1 package salt reduced beef bouillon granules
- 2 tablespoons (30 mL) chopped green pepper
- 1 medium tomato, cut in chunks
- 2 tablespoons (30 mL) diced green chilies
- 1½ teaspoon (7 mL) chili powder
- 1 ounce (30 g) lower fat old Cheddar cheese, shredded (about ½ cup or 125 mL)

Bake potatoes. Meanwhile, in a large non-stick skillet over medium heat, sauté onion in oil for 3 minutes or until transparent. Sprinkle with flour, stirring to coat. Stir in zucchini and green pepper. Cook for about 3 more minutes. Add tomato, green chilies, chili powder and water. Cover and simmer 1 to 2 minutes longer or until vegetables are tender crisp.

Cut an X on top of each potato and fluff inside with a fork. Place in individual ramekins or in an 8 x 8 x 2-inch (20 x 20 x 5 cm) baking pan. For each potato, sprinkle with 1 tablespoon of the cheese, spoon on one-fourth of the vegetable mixture and top with 1 tablespoon additional cheese. Bake potatoes in a 400°F (200°C) oven for 3 minutes or until cheese melts. If desired, garnish with cherry tomatoes and parsley sprigs. Serves 4.



225 calories; 12 g fat; 7 g protein; 44 g carbohydrate;
5 g fibre; 38 mg vitamin C; 347 mg sodium;
847 mg potassium.
12% of calories are from fat.

NIKU-JAGA (JAPANESE MEAT AND POTATOES)

This dish is easy to prepare and has pleasant Japanese flavours.

4 medium potatoes, cut into 1/2 inch (1 cm.) wedges
10 oz. (300 g) top round beef, thinly sliced
1 tablespoon (15 mL) finely chopped fresh ginger
2 tablespoons (30 mL) sugar
2 tablespoons (30 mL) sake
3 tablespoons (45 mL) soy sauce
1/2 red pepper diced.

Clean and cut potatoes into wedges, leaving the peel on. Cut the meat into 1 1/2 - 2 inch (4-5 cm) strips.

Mix sugar, soy sauce, sake and ginger and bring to boil. Add meat and bring to a boil again. Add potatoes and water to half the level of the potatoes and meat. Cover with a tight lid. Bring to a boil again, then simmer until potatoes are cooked, about 20 minutes. Add diced red pepper and serve. Serves 4.



*264 calories; 7 g fat; 19 g protein; 30 g carbohydrate;
2 g fibre; 31 mg vitamin C; 413 mg sodium;
960 mg potassium.
24% of calories are from fat.*



Preparation time is about 25 minutes.

Ed Seskus
Lethbridge, AB

Dessert wine can replace the sake. Also try this recipe with lean pork.

OLD FASHIONED CHICKEN POT PIE

3 pounds (1.5 kg) chicken
3 cups (750 mL) water
2 teaspoons (10 mL) salt
1/2 teaspoon (2 mL) peppercorns
1 medium onion, chopped
2 tablespoons (30 mL) butter or margarine
1/4 cup (50 mL) flour
1/4 teaspoon (1 mL) garlic powder
1/4 teaspoon (1 mL) pepper
1 cup (250 mL) cooked peas
1 cup (250 mL) cooked carrots
2 cups (500 mL) mashed potato

Cut chicken in pieces, removing skin and excess fat. Place in large sauce pan with water, half the salt and peppercorns. Bring to boil and simmer 45 minutes or until tender. Remove chicken and cool. Remove skin and bones and cut chicken in large pieces. Strain broth.

Sauté onion in butter in medium saucepan until transparent. Add flour, remaining salt, garlic powder and pepper and blend well. Gradually add 2 cups (500 mL) broth. Stir and cook until smooth and thick.

Layer chicken, peas and carrots in 2.5 L (2 1/2 qt.) baking dish. Cover with sauce and top with mashed potato. Bake 20 minutes at 425°F (220°C). Serves 6.



*434 calories; 16 g fat; 40 g protein; 40 g carbohydrate;
4 g fibre; 16 mg vitamin C; 1284 mg sodium;
845 mg potassium.
35% of calories are from fat.*

See the Heavenly Whipped Potatoes for ideas on how to prepare lower fat mashed potatoes.

POTATO RAGOUT

4 slices back bacon, diced into 1/2" (1 cm) pieces
1 tablespoon (15 mL) vegetable oil
1 large onion, coarsely chopped
1 clove garlic, minced
4 medium potatoes, peeled and cubed
1/2 cup (125 mL) chicken broth
1 tablespoon fresh tarragon or 1 teaspoon dried
1/2 teaspoon (2 mL) salt
fresh ground pepper
1 tablespoon (15 mL) white wine vinegar
1 tablespoon (15 mL) olive oil
parsley, chopped

Microwave bacon in oil on HIGH for 1 minute. Add onions and garlic and cook on HIGH for 1 minute. Add potatoes, stock, tarragon, salt and pepper to taste. Cover and microwave on HIGH for 12 minutes, stirring halfway through cooking. Potatoes should be tender and liquid absorbed. Add vinegar and oil and toss lightly. Sprinkle with parsley and serve hot. Serves 4.



250 calories; 9 g fat; 9 g protein; 33 g carbohydrate;
4 g fibre; 22 mg vitamin C; 592 mg sodium;
676 mg potassium.
33% of calories are from fat.



Preparation time and cooking is about 25 minutes.

Adapted from recipe by:
Irene Prins
Lacombe, AB

SCALLOPED TUNA

Move over tuna noodle casserole.

4 cups (1 L) thinly sliced yellow potatoes
2 - 6 1/2 oz (184 g) cans tuna, packed in water
1 large onion, sliced
2 tablespoons (30 mL) butter or margarine
1/4 cup (50 mL) flour
1 tablespoon (15 mL) Dijon mustard
2 cups (500 mL) skim milk
1/2 teaspoon (2 mL) salt
1/4 teaspoon (1 mL) pepper

Melt margarine in a 3-quart saucepan, stir in flour and mustard and cook on medium heat for 2 minutes. Remove pan from the burner, gradually add milk, stirring constantly. Return saucepan to medium heat and thicken sauce while stirring.

Arrange potatoes, tuna and onions in alternated layers in greased 2 qt. casserole. Microwave on HIGH for 20 minutes, turning at the midway point.



384 calories; 7 g fat; 36 g protein; 44 g carbohydrate;
4 g fibre; 22 mg vitamin C; 525 mg sodium;
1074 mg potassium.
16% of calories are from fat.



Preparation time about 15 minutes.
Cooking time 20 minutes.

Adapted from recipe by:
Laverne Lewis
Spruce Grove, AB

POTATO GNOCCHI WITH VEAL SAUCE

A great alternative to lasagna. The little potato dumplings (pronounced nnyah kee) take the place of noodles. A good choice for company.

Sauce:

3 slices bacon, chopped
12 oz (350 g) ground veal or beef
1 medium onion, finely chopped
1 cup (250 mL) sliced mushrooms
1 carrot, sliced
2 stalks celery, finely chopped
1 can (19 oz/540 mL) tomatoes
1 can (7¹/₂ oz/213 mL) tomato sauce
1 cup (250 mL) dry red wine
1¹/₂ teaspoons (7 mL) salt
1/4 teaspoon (1 mL) pepper
1/4 teaspoon (1 mL) allspice
1/2 cup (125 mL) Parmesan cheese

Gnocchi:

3 cups (750 mL) hot mashed potato
1³/₄ cups (450 mL) all purpose flour
1¹/₂ teaspoons (7 mL) salt
1 tablespoon (15 mL) oil
2 eggs, beaten

To make sauce: Sauté bacon. Add veal, onion, mushrooms, carrot and celery. Stir and cook until meat is brown and vegetables are soft. Add tomatoes, tomato sauce, wine, salt, pepper and allspice. Simmer, uncovered, 2 hours, stirring occasionally, until sauce is thickened and reduced to about 4 cups (1 L). While sauce is simmering, make gnocchi.

To make gnocchi: Combine hot mashed potato, flour, salt and oil. Add eggs and mix thoroughly. Place dough on lightly floured board and knead 15 times. Divide into 10 equal pieces. Roll each piece on a lightly floured board into 1 cm (1/2 inch) thick rope. Cut rope in 2.5 cm (1 inch) lengths. Place pieces on wax paper until all dough has been shaped. (Gnocchi may be frozen at this stage).

Cook gnocchi in large pot of simmering salted water. Ensure the pot is large enough so there is space between each gnocchi. A soup pot should hold about 20 gnocchi.

Cook for 5 minutes (6 minutes if frozen) after gnocchi return to surface of water. Remove with slotted spoon and drain well. Place in shallow pan and mix with melted butter.

To assemble: Arrange half the gnocchi in 33 x 21 cm (9 x 13 inch) baking pan. Top with half sauce and half cheese. Repeat layers. Bake at 190°C (375°F) 15 minutes or until cheese melts and gnocchi is hot. Broil top lightly, if desired. Serves 6.

BEEF AND POTATO STIR FRY

Surprise! Potatoes are a basic part of this one dish stir fry meal.

4 medium yellow potatoes, unpeeled, diced to 1/2 inch (1 cm)
1 pound (500 g) top round beef; sliced in 1/2 inch (1 cm) strips
1 tablespoon (15 mL) vegetable oil
1- 6 oz (170 g) package frozen snow peas; defrosted.
1/4 cup (50 mL) teriyaki sauce

Microwave diced potatoes on HIGH for 6 minutes. Meanwhile, heat oil in a large skillet or wok and toss beef slices over medium-high heat for 5 minutes. Add potatoes; sauté and toss until potatoes are lightly browned. Add snow peas and teriyaki sauce. Toss until heated through.



420 calories; 8 g fat; 43 g protein; 43 g carbohydrate;
4 g fibre; 32 mg vitamin C; 781 mg sodium;
1304 mg potassium.
18% of calories are from fat.



Preparation Time is 20 minutes, if peels are left on potatoes.

SAVOURY PUFF PASTRIES

An elegant, easy-to-make entree for luncheon or light supper.

- 1 package (17¹/₄ oz.) frozen ready-to-serve puff pastry sheets
- 6 ounces sliced smoked cooked ham luncheon meat
- 1 cup diced cooked potato
- 2 tablespoons thinly sliced green onions
- Dash of pepper
- 1 jar (2¹/₄ oz.) sliced pimiento, drained
- 1 egg, slightly beaten
- 2¹/₂ tablespoons all-purpose flour
- 1/4 cup butter or margarine
- 1³/₄ cups half-and-half
- 2 tablespoons Madeira or dry sherry
- 1¹/₂ teaspoons Dijon mustard
- 3/4 teaspoon chicken bouillon granules
- dash pepper
- Parsley sprigs (optional)

Partially thaw puff pastry sheets according to package directions, about 20 minutes.

Dice cooked ham (you will need about 1 cup). In a medium bowl, gently toss ham, potato, green onions and pepper; set aside.

Unfold pastry sheets, pressing together any torn areas. Cut each sheet into six rectangles (about 5 x 3¹/₄ inches each). Dip a small (1¹/₄ to 2 inch) decorative cookie cutter into flour; then cut a design in centre of six of the rectangles, but do not remove pastry. These cuts will form a "top hat" when baked. In the centre of each remaining six rectangles, spread about 1/3 cup of ham-potato filling, leaving a 1/2-inch border. If desired, reserve twelve long pimiento slices for garnish; sprinkle remaining pimiento on top of ham filling. Brush borders with beaten egg. Place decorative rectangles over each filled portion. Press edges together and seal with the tines of a fork.* Brush tops with remaining egg. Transfer to an ungreased baking sheet.

Place in the centre of a preheated 400°F oven. Immediately reduce oven temperature to 350°F and bake for 40 to 45 minutes or until crisp and golden brown.

Meanwhile, in a small saucepan over medium heat, stir flour into melted butter. Cook and stir for 1 minute. Stir in half-and-half, Madeira, Dijon mustard, bouillon granules and pepper until smooth. Cook, stirring frequently, until mixture comes to a boil and is thickened. Remove from heat. Cover and keep warm. Stir before serving.

To serve, spoon about 1/3 cup of the sauce into the centre of each serving plate. Place a pastry on top of sauce. Garnish with parsley and reserved pimiento. Pass remaining sauce.

*Individual servings can be made to this point, then covered and refrigerated up to 4 hours. Transfer to a room-temperature baking sheet; brush with egg. Bake as directed. If sauce is prepared ahead, place a piece of plastic wrap directly on the surface and refrigerate. Remove plastic wrap and reheat sauce over low heat, stirring frequently, about 10 minutes. Makes 6 servings.

"One potato, two potato, three potato, four!" The fair way to determine who starts a game.

FALAFELS

These traditional Middle East patties are a vegetarian dish.

- 1 tablespoon (15 mL) oil
- 2 small onions, chopped
- 1 large bunch parsley, chopped
- 2 cans (19 oz/540 mL) chick peas (also called garbanzo beans)
- 1 tablespoon (15 mL) 2% yogurt
- 1/2 cup (125 mL) mashed potato (about 1 potato)
- dash garlic powder
- 1 teaspoon (5 mL) salt
- 1 tablespoon (15 mL) cumin
- 1/2 teaspoon (2 mL) coriander
- 1/4 teaspoon (2 mL) cayenne (optional)

Heat oil in a skillet and sauté onions until translucent. Stir in parsley and heat briefly. In a food processor, blend chickpeas until smooth. Stir in onion mixture, yogurt, potato and spices. Form into patties about 3 inches (7¹/₂ cm) in diameter.

Brown patties in a non-stick frying pan until golden (about 3 minutes per side). Serve in pita bread with diced tomatoes and chopped lettuce.

Makes 24 patties or about 8 servings.



*186 calories; 4 g fat; 9 g protein; 29 g carbohydrate;
7 mg vitamin C; 517 mg sodium; 365 mg potassium.
21% of calories are from fat.*