

FROM THE MICROWAVE

CHEESY POTATO CASSEROLE

- 1 lb. frozen hashbrown potatoes
- 1 can (10³/₄ oz.) cream of mushroom soup
- 3 tablespoons butter or margarine cut up
- 1 cup sour cream
- 1/4 onion chopped
- 2 cups cheddar cheese (shredded)
- 1/2 teaspoon salt, 1/8 teaspoon pepper
- 2 tablespoons green onion, sliced

Optional Topping:

- 1/2 cup crushed corn flakes
- 2 tablespoons melted butter

In 1¹/₂ - 2 quart casserole dish, place frozen potatoes, cover and cook on medium for 10 minutes, stirring after 5 minutes until thawed and slightly warmed. Add remaining ingredients except 1/2 cup cheddar cheese and green onion. Sprinkle with corn flake topping. Cover and cook on medium - medium high 15 - 18 minutes until potatoes are tender. Top with reserved cheese and green onion. Cover and let stand 5 minutes.

Tastes great with ham.

Hear about the Spud that sat around all day watching TV?
He was a real Couch Potato.

HURRY SCURRY DINNER

This is a light and satisfying dish where you can use either leftover chicken or turkey.

4 potatoes, unpeeled
2 cups (500 mL) cooked diced chicken
1/2 onion, thinly sliced
1 cup (250 mL) peas or corn
1 10 oz. (284 mL) can low fat mushroom soup
3/4 cup (200 mL) skim milk
2 tablespoons (30 mL) buttered bread crumbs
1/4 teaspoon (2 mL) salt
pepper to taste

Combine milk and soup and heat in saucepan.

Lightly grease a 3 quart (2.5 L) casserole dish. Thinly slice and layer half the potatoes and onions in the casserole dish. Layer chicken on top. Add second layer with peas or corn, potatoes, and onions. Add soup mixture evenly over the dish. Sprinkle crumbs over top.

Microwave, covered on HIGH for 9 minutes. Turn dish and cook an additional 9 minutes. Serve with salad and dinner buns. Serves 4.



393 calories; 7 g fat; 27 g protein; 59 g carbohydrate;
6 g fibre; 30 mg vitamin C; 1026 mg sodium;
1507 mg potassium.
16% of calories are from fat.



Preparation time is 25 minutes.

MICROWAVE SCALLOPED POTATOES

If time is at a premium, make this speedy version to add class to leftovers and cold cuts.

4 medium potatoes, thinly sliced
1 medium onion, sliced
2 teaspoon (10 mL) butter or margarine
1/3 cup (75 mL) hot chicken broth
2 tablespoons (10 mL) chopped parsley

In greased 2 qt. (2L) baking dish, layer potato and onion. Dot with butter. Pour hot broth over potatoes. Cover. Microwave with full power 15 to 20 minutes until potatoes are tender, stirring after 10 minutes.

Garnish with parsley. Serves 4.



194 calories; 2 g fat; 4 g protein; 40 g carbohydrate;
4 g fibre; 27 mg vitamin C; 86 mg sodium;
741 mg potassium.
10% of calories are from fat.



Preparation and cooking time is 25 minutes.

SKINNY REDS

- 4 medium red potatoes, unpeeled, cut into 1 inch (2½ cm) cubes
- ¼ cup (50 mL) water
- ⅓ cup (75 mL) skim milk yogurt
- 1 teaspoon (5 mL) horseradish
- ¼ teaspoon (1 mL) garlic powder

Prepare potatoes and place in a microwave dish with water and cover. Microwave on HIGH for 15 minutes, stirring once during cooking. Potatoes should be fork tender. Drain extra water from the potatoes.

Mix the yogurt, horseradish and garlic powder together. Mash the potatoes and stir in yogurt mixture. Serves 4.



*170 calories; 1 g fat; 5 g protein; 38 g carbohydrate;
4 g fibre; 23 mg vitamin C; 28 mg sodium;
731 mg potassium.
7% of calories are from fat.*



Preparation time is 20 minutes.

MICROWAVED BROWN POTATOES

- 4 medium potatoes, quartered
- 1 teaspoon (5 mL) butter or margarine
- 1 teaspoon (5 mL) browning sauce

Place potatoes in a microwave dish, stir in margarine and browning sauce and cover. Microwave on HIGH for 10 minutes. Stir and microwave on HIGH for 8 - 10 minutes, until potatoes are fork tender. Serves 4.



*126 calories; 1 g fat; 3 g protein; 27 g carbohydrate;
3 g fibre; 18 mg vitamin C; 35 mg sodium;
486 mg potassium.
7% of calories are from fat.*



Preparation time is 25 minutes.

Hear about the potato farmer who was always grumpy? Guess he had a chip on his shoulder.