



Nutritious potato recipes to please kids of all ages!



Kids and Carbs



Easy Potato Samosas

A simplified version of an Indian snack food, adapted for younger palates.

Prep time: 10 minutes
Cooking time: 15 minutes
Makes 8 samosas (four servings of 2)

- 2 potatoes (or 2 cups/500 mL mashed potatoes)
- 2 tsp. (10 mL) vegetable oil
- 2 green onions, thinly sliced
- 1/4 tsp. (1 mL) ground ginger (optional)
- 1/2 tsp. (2 mL) salt
- 1/4 tsp. (1 mL) ground cumin (optional)
- 1/4 tsp. (1 mL) ground coriander (optional)
- Pinch cayenne pepper
- 1/2 cup (125 mL) frozen mixed vegetables
- 2 tbsp. (30 mL) plain yogurt
- Squeeze of lemon juice
- 8 small flour tortillas
- 1 small plum tomato, chopped (optional)

1. Peel and dice potatoes into 1/2-inch (1 cm) pieces. Place in large frying pan, cover with cold salted water and bring to the boil. Cook, covered, 6-9 minutes until potatoes are very tender. Drain well and turn into a bowl.

2. Mash, but not too thoroughly. Heat oil in same pan over medium heat. Add onion and seasonings. Cook 1 minute, then add frozen vegetables and 2 tbsp (30 mL) water. Stir till hot. Return potato mixture to pan and heat. Add yogurt and lemon juice.
3. Place 1/4 cup (50 mL) of warm potato mixture on one end of tortilla. Sprinkle with tomato (optional), then roll and fold to enclose filling in square packets. Cut in half diagonally to make open-sided triangles.



Serve with a dipping sauce like tamarind or plum.

Nutrients per serving
Protein: 5 grams
Fat: 3 grams
Carbs: 32 grams
Calories: 182

For fun, try using colourful flavoured tortillas.

Yukon Gold Potato Pancakes

Delicious hot or cold, for breakfast, lunch or dinner.

Prep time: 10 minutes
Cooking time: 10 minutes
Makes 12 pancakes (four servings of 3)

- 1 lb. (500 g) Yukon Gold* potatoes, grated
- 1 omega-3 egg
- 2 tbsp. (30 mL) whole wheat flour
- 1 tsp. (5 mL) baking powder
- 1 tsp. (5 mL) cinnamon (optional)
- 1/4 tsp. (1 mL) salt
- 1/4 cup (50 mL) canola oil

1. Grate whole potatoes – no need to peel them. Place in a strainer and squeeze out as much water as you can. Set aside.

2. Beat together the egg, flour, baking powder, cinnamon and salt.
3. Add grated potatoes and mix well.
4. Heat a large non-stick frying pan over medium heat. Add the canola oil. Measure out 12 pancakes and add to heated pan. Flatten slightly.
5. Cook approximately 5 minutes on each side or until golden brown. Serve with fat-free sour cream or applesauce.



Nutrients per serving
Protein: 2 grams
Fat: 6 grams
Carbs: 12 grams
Calories: 114

* No Yukon Gold potatoes kicking around your house? Use whatever kind you have.

Tex-Mex Potatoes

This recipe saves time by using a microwave. Serve it as a snack, a side dish or complete meal.

Prep time: 10 minutes
Cooking time: 20-25 minutes
Makes 8 cups (four 2-cup servings)

- 4 baking potatoes to equal 2.5 lb. (1.3 kg)
- 1 cup (250 mL) fat-free sour cream
- 1-1/2 cups (1 - 398 mL can) low-fat refried beans (optional – see note at right)
- 2-1/2 cups (1 - 650 mL bottle) mild or medium chunky salsa
- 1 cup (250 mL) grated light old cheddar cheese
- 1/2 cup (125 mL) grated light Monterey Jack cheese

1. Wash and pierce potatoes. Leave skins on. Place each potato on a piece of paper towel.

2. Microwave on high for 10-15 minutes or until done.
3. Remove paper towel. With serrated knife, cut potatoes into 1/4-inch (5 mm) slices.
4. Place sliced potatoes in a lightly greased 8x12-inch (3 L) microwave-safe baking dish. Pour the sour cream over the potatoes. Top with salsa and grated cheese.
5. Microwave for 4-1/2 minutes at medium-high power. Let sit for 5 minutes and serve. Leftovers keep well in the fridge for up to 2 days. Cooking for two? Halve the recipe and use an 8x8 pan.



Nutrients per serving
Protein: 20 grams
Fat: 8 grams
Carbs: 72 grams
Calories: 430

To make this a main meal, add heart-healthy Mexican refried beans. Spoon them over the sour cream, top with salsa and cheese, microwave for 5 minutes at medium-high. Let sit 5 minutes and serve.

Red Potato Salad

Possibly the most colourful potato salad you've ever served!

Prep time: 10-12 minutes
Cooking time: 20-25 minutes
Makes approx. 6-7 cups (eight 3/4-cup servings)

- 2-1/2 lbs. (1.2 kg) medium red-skinned potatoes
- 4 hard-cooked eggs, chopped coarsely
- 2 stalks celery, diced to yield approx. 1 cup (250 mL)
- 1 large red pepper, diced to yield approx. 1-1/2 cups (375 mL)
- 1/2 cup (125 mL) diced red onion
- 2 large dill pickles, diced to yield approx. 1/2 cup (125 mL)
- 1/2 cup (125 mL) plain low-fat yogurt
- 1/4 cup (50 mL) low-fat mayonnaise
- 2 tbsp. (30 mL) vinegar

1. Boil eggs for 10 minutes and set aside.
2. Wash potatoes. Boil whole, unpeeled, for approx. 20-25 minutes or until very soft. Drain. Spread out on a baking sheet and pierce with a fork to help let the steam out. Let cool for 5 minutes.

3. Leaving the skins on, chop the potatoes coarsely and place in a large bowl.
4. Add cooked eggs, celery, red pepper, red onion, and the pickles. Toss.
5. Add yogurt, mayo and vinegar. Stir till well mixed. Chill. Keeps well in the fridge for up to 2 days.



Nutrients per serving
Protein: 8 grams
Fat: 5 grams
Carbs: 30 grams
Calories: 190

Feel free to use other kinds of potatoes. If salad is dry, add an extra 1 tbsp. (15 mL) mayo + 2 tbsp. (30 mL) plain low-fat yogurt.

How to cook potatoes to keep them a healthy choice for kids and cut preparation time

Find out more about healthy food choices for kids.

Download Canada's Food Guide from Health Canada's website at www.hc-sc.gc.ca or e-mail your questions to a dietitian at the Specialty Food Shop at Sick Kids (the Toronto Hospital for Sick Children) at sfs@sickkids.ca

To preserve nutrients:

- Steam, bake or microwave fresh potatoes with the skins on.
- Add potatoes to already-boiling water to preserve Vitamin C.

To reduce fat:

- Bake fries in the oven on a lightly oiled cookie sheet.
- Instead of drowning baked potatoes in margarine or butter, top them with fat-free sour cream or shredded low-fat cheeses, salsa, mushrooms or onions.
- Use olive oil or low-fat mayonnaise when making potato salad.

To save time:

- Cut potatoes small, and to the same size – the smaller the pieces, the faster they cook.
- Slash cooking time by using the microwave. For whole potatoes, pierce, then microwave on high, uncovered, on paper towels until tender.



**Kids and Carbs:
Fuel your kids for
fitness and fun!**

“Potatoes provide carbohydrates as well as other important nutrients needed for good health. Carbohydrates help give children the fuel they need to live active lives – playing sports, exercising, and just being kids.”

Lois Ferguson
Registered Dietitian

Fact: Active kids need energy to play. They also need nutrients to fuel healthy growth. Complex carbohydrates like potatoes give them plenty of both. Yet according to the Fraser Institute, 80% of Canadian children don't get the 5-10 daily servings of fruits and vegetables that can help keep them healthy and prevent cancer and heart disease later in life.

So don't hesitate to serve these potato recipes to your kids. They're delicious, nutritious, and average just 30 minutes to prepare. And most ingredients are ones that you probably already have on hand. So enjoy!



**Easy
Potato
Samosas**



**Yukon
Gold Potato
Pancakes**



**Tex-Mex
Potatoes**



**Red
Potato
Salad**



What's not to love?

**Facts about
a plain, medium
potato in its
skin:**

- Excellent source of energy-giving complex carbohydrates
- More potassium than a banana
- Nearly half the recommended daily intake of Vitamin C
- Ample supply of immunity-boosting Vitamin B6
- As much fibre as a 1/3 cup serving of oat bran
- Contains essential zinc, iron, phosphorous and magnesium
- 80% water – low in calories, fat and sodium
- Cholesterol-free**