

Easy Potato Salad

Ingredients

- 1 can sliced potatoes, drained well
- 2 hard-cooked eggs, chopped
- 1 stalk celery, finely chopped
- 2 Tablespoons finely chopped onion or scallion

Dressing

- 1 Teaspoon Dijon mustard
- ¼ cup light mayonnaise
- 2 Tablespoons fat free plain yogurt or sour cream
- 1 teaspoon lemon juice or vinegar
- Herbs to taste – dill, thyme, basil or parsley
- Ground black pepper or paprika to taste



Instructions

1. Prepare dressing -- In a small bowl, mix mustard, mayonnaise, yogurt or sour cream and lemon juice or vinegar until blended. Stir in dried herbs and pepper or paprika. Set aside.
2. Drain canned potatoes and place in a large bowl to make the salad.
3. Add chopped eggs, celery, and onion or scallion.
4. Add the dressing and gently mix together.
5. Cover tightly and chill in the refrigerator.

Other ideas: *Use ½ cup canned, drained garbanzo or white beans instead of eggs. *Add other chopped fresh veggies in season like cucumbers, green or red sweet peppers, summer squash or zucchini. * Use fresh herbs. *Use about ½ cup of your favorite salad dressing in place of homemade. *Double the recipe to enjoy the salad later in the week. It will keep in the refrigerator for about 4 days.



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Home-Fried Potatoes

Ingredients

- 1 can sliced potatoes, drained well
- 1 Tablespoon olive oil
- ¼ cup chopped onion
- ½ small green pepper, chopped
- 1 Tablespoon olive oil
- Pinch of salt and pepper, to taste
- 1/4 teaspoon paprika (optional)
- 1/4 cup chopped fresh parsley



Instructions

1. In a skillet, heat 1 Tablespoon oil over medium-high heat. Add onion and green pepper. Cook, stirring often, until soft, about 5 minutes. Use a slotted spoon or spatula to remove from pan onto a plate and set aside.
2. Add the other Tablespoon of oil into the skillet and heat on medium-high. Add sliced potatoes, paprika, salt and pepper. Cook, stirring occasionally, until potatoes are browned, about 10 minutes.
3. Fold in the onions, green peppers, and parsley and cook for another 2-3 minutes. Serve hot with your favorite eggs and whole grain toast.

Frittata for Two

Ingredients

- 1 Tablespoon olive oil
- 1/4 cup diced red or green pepper
- 1/4 cup diced onion
- 1 teaspoon chopped garlic or ½ teaspoon garlic powder
- 1/4 cup canned black beans
- 1 can sliced potatoes, drained
- Chili powder, black pepper or Southwest seasoning to taste
- Dried herbs like cilantro, parsley, oregano or thyme
- 3 eggs + 2 teaspoons milk
- 2 slices American cheese, cut into small pieces

Instructions

1. Heat oil in a fry pan over medium-high. Sauté onion, pepper and garlic in olive oil until soft. Add beans and potatoes, herbs and seasonings.
2. Beat eggs with a fork or whisk and mix in milk.
3. Pour eggs over the top of cooked vegetables. Cover with cheese. Put into 350 degree oven for 15-20 minutes or until eggs are cooked and puffed up and cheese melted. Enjoy with tomato and cucumber salad and warm corn tortillas.

Healthy Potato and Veggie Soup

Ingredients

- 1 Tablespoon olive oil
- 1 medium onion, finely chopped
- 2 stalks celery, chopped
- 1 small zucchini, diced
- 2 carrots, peeled and sliced
- 1 quart (4 cups) low-sodium chicken broth + 1 cup water
- 1 cup canned white beans, rinsed and drained
- 1 can sliced potatoes, drained
- 1 can (14 ounces) diced tomatoes, no-salt added
- 1 cup canned green beans, drained
- 1/8 package of dry spaghetti, broken into pieces
- 1 teaspoon each dried oregano, basil and a pinch of rosemary

Instructions

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion, celery, zucchini and carrots.
3. Cook and stir until the vegetables are softened, about 5 to 8 minutes.
4. Add the broth, water and beans; bring to a boil. Stir.
5. Reduce the heat and cover; simmer for 15 minutes.
6. Add the potatoes, tomatoes, green beans and pasta. Cover and cook over medium low for 10 to 15 minutes or until the pasta is cooked through.
7. Enjoy with your favorite sandwich and fruit.

Other ideas: *Use a cup canned carrots instead of fresh. *Add other veggies (canned or frozen) such as sweet corn or green peas. *Use other canned beans such as kidney, pinto or garbanzo beans. *Add chopped fresh spinach or Swiss chard. *Add 1 cup of cut up canned chicken or leftover cooked chicken.



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Savory Scalloped Potatoes

Ingredients

- 2 cups low sodium chicken broth, divided
- 1 medium onion, chopped
- 1 Tablespoon minced garlic or 1 teaspoon garlic powder
- 1 cup low fat milk
- 3 Tablespoons all-purpose flour
- 4 cans (14.5oz.ea.) sliced potatoes gently rinsed and drained
- Salt and black pepper, optional
- 1 Tablespoon chopped fresh basil or 1 teaspoon dried basil
- 1 cup shredded Swiss cheese
- Fresh basil or parsley, optional

Instructions

1. Heat oven to 375°F. Coat a 13x9-inch baking dish with non-stick cooking spray.
2. Bring 1/4 cup broth to a boil in a medium saucepan over high heat; add onion and garlic. Reduce heat to medium, and cook 3 minutes or until onion is tender-crisp.
3. Whisk milk and flour in a small bowl until well blended; stir in remaining broth. Stir until well blended.
4. Add milk and broth mixture to onion and garlic; cook over medium heat 10 - 12 minutes or until thickened, stirring frequently.
5. Place half of potato slices in slightly overlapping pattern in prepared baking dish. Sprinkle lightly with salt and pepper, if desired.
6. Spoon half of broth mixture over potatoes. Sprinkle evenly with half of basil. Repeat layers, cover with foil and bake 30 minutes.
7. Uncover carefully and sprinkle with cheese; bake 15 minutes more or until cheese is lightly golden. Top with fresh basil or parsley, if desired.



Serve with favorite baked fish or chicken, tossed salad and French bread.

This makes about 6 hearty portions. Refrigerate leftover scalloped potatoes in a covered container to enjoy another day.

Other ideas. *Use American cheese in place of Swiss (about 5 slices cut into pieces).

*Use oregano, thyme or Italian seasoning in place of basil. *Add cut up spinach or chopped broccoli in between layers.

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