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United States Potato Board
Quick and Healthy Potato Casseroles

Classic Potato Casserole

Prep time: 10 minutes
Cook time: 20 minutes
Start to finish: 30 minutes
Cost per serving: \$1.20

1 1/4 lbs. Yukon Gold potatoes, very thinly sliced
1 cup quartered and thinly sliced onion
1 cup shredded reduced-fat sharp Cheddar cheese
1/2 teaspoon Italian herb seasoning
1/2 cup stock or reduced-sodium broth
1 1/2 teaspoons Dijon mustard
1/2 teaspoon garlic salt

Spray an 8-inch microwave-safe baking dish with nonstick cooking spray. Place 1/3 of the potatoes and 1/2 of the onions on the bottom of the dish and sprinkle with 1/3 the cheese and 1/2 the herbs. Repeat layers, then top with the last 1/3 of the potatoes, layering potatoes so that there is a solid layer of potatoes with no gaps; sprinkle with remaining cheese. Stir together stock, Dijon and garlic salt and pour over the potatoes. Cover with plastic wrap and microwave on HIGH for 20 minutes. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up and serve. Makes 6 servings.

Nutritional analysis per serving with skins:

Calories: 150, Fat: 4.5g, Saturated Fat: 2.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 280mg, Potassium: 63mg, Carbohydrates: 21g, Fiber: 1g, Sugar: 1g, Protein: 8g, Vitamin A: 4%, Vitamin C: 35%, Calcium: 35%, Iron: 4%

Variations

Tex-Mex Potato Casserole

Omit Dijon and garlic salt. Layer potatoes with 1 (4-oz.) can diced green chiles and 1/2 cup canned black beans. Use reduced-fat Cheddar or a Mexican cheese blend. Add 1 teaspoon chili powder, 1 teaspoon dried cilantro and 1/2 teaspoon ground cumin to broth. Cook as directed above. Delicious served with avocado wedges.

Cost per serving: \$1.46

Nutritional analysis per serving with skins:

Calories: 170, Fat: 4.5g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 300mg, Potassium: 125mg, Carbohydrates: 25g, Fiber: 3g, Sugar: 2g, Protein: 9g, Vitamin A: 6%, Vitamin C: 40%, Calcium: 20%, Iron: 6%

Irish Corned Beef and Cheese Potato Casserole

Layer potatoes with 1 cup shredded cabbage, 3/4 cup small cubes corned beef or pastrami and 3/4 cup shredded Dubliner or Irish Cheddar cheese, in place of the reduced-fat Cheddar. Omit Italian seasoning and instead stir 1/4 teaspoon dried dill into broth and Dijon mixture. Cook as directed above.

Cost per serving: \$2.11

Nutritional analysis per serving with skins:

Calories: 240, Fat: 11g, Saturated Fat: 6g, Trans Fat: 0g, Cholesterol: 45mg, Sodium: 540mg, Potassium: 110mg, Carbohydrates: 22g, Fiber: 2g, Sugar: 2g, Protein: 14g, Vitamin A: 8%, Vitamin C: 45%, Calcium: 40%, Iron: 6%

Potato and Egg Casserole

Omit stock and Dijon. Reduce potatoes to 3/4 lb. and place in prepared dish with onions. Cover and microwave on HIGH for 7 minutes. Whisk together 8 eggs, 1/2 cup nonfat plain yogurt and garlic salt. Stir in cheese and 1/4 cup each: real bacon bits or pieces, diced bell pepper and sliced green onions. Pour over potatoes; cover and microwave on HIGH for 7 minutes more or until eggs are set in the center. Makes 6 to 8 servings.

Cost per serving: \$1.52

Nutritional analysis per serving with skins:

Calories: 230, Fat: 11g, Saturated Fat: 4.5g, Trans Fat: 0g, Cholesterol: 305mg, Sodium: 480mg, Potassium: 79mg, Carbohydrates: 17g, Fiber: 1g, Sugar: 3g, Protein: 17g, Vitamin A: 15%, Vitamin C: 35%, Calcium: 35%, Iron: 10%

FINAL