

Washington's Super Speedskater Loves Super Spud Recipes from Washington Students

Apolo Anton O'Nore



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"Washington potatoes are great," says 12-time National Champion short-track speedskater Apolo Anton Ohno. "I grew up in Seattle, so I'm very partial to foods from my home state, and I especially love potatoes for their taste, versatility and get-me-going nutrition. They are an important part of my training program as well as my everyday meals. I do love to cook, and these recipes from Washington schools are some of my favorites."

Apolo knows, and shows, the benefits of healthy eating and exercise and when not training, works with his own foundation to help kids learn to be active and to eat good foods.

Washington's potato growers also want to help kids learn to eat better. The special student-endorsed recipes in this booklet came from schools around the Seattle area, as a part of the Washington State Potato Commission's *Kids Are Growing* competitions in cooperation with the International Greenhouse Company.



Nutrition Facts

Serving Size 1 potato (148g/5.3oz)

Amount Per Serving

Calories 110	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Potassium 620mg		18%
Total Carbohydrate 26g		9%
Dietary Fiber 2g		8%
Suafars 1g		
Protein 3g		
Vitamin A 0%	Vitamin C 45%	
Calcium 2%	Iron 6%	
Thiamin 8%	Riboflavin 2%	
Niacin 8%	Vitamin B ₆ 10%	
Folate 6%	Phosphorous 6%	
Zinc 2%	Magnesium 6%	
Copper 4%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

Potatoes are good food. Not only do they taste good, but they're filled with important vitamins and minerals. Potatoes provide carbohydrates (your body's main fuel source), protein (as much as half a glass of milk), and have no fat, no cholesterol and no sodium. Just have a look at the nutrition label.

Potatoes are more than fries. You can eat them baked, boiled or mashed, for breakfast, lunch, dinner or snacks. And they play well with other good-for-you foods, like low-fat cheese or sour cream and other vegetables, like peppers, green beans, broccoli and more.

Take a tip from the champ, Apolo Anton Ohno, and pick up some Washington potatoes and get into the kitchen. The recipes that follow are written especially for kids to cook, and the schools who created the recipes vouch for their great taste.

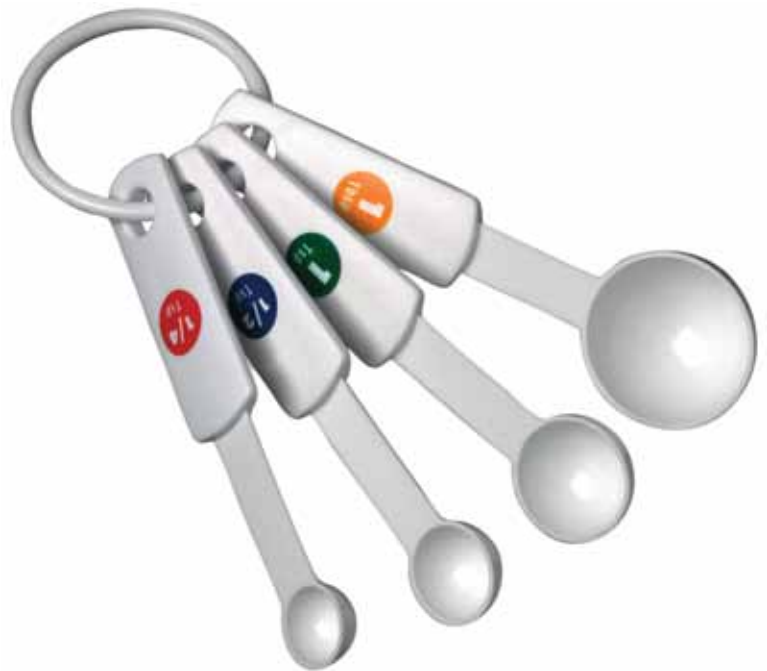
This recipe was created by the nutrition class at Van Asselt Elementary School. They report, "Students made a similar recipe earlier in the year and then decided it would taste even better with more 'sweet and sour' (vinegar and brown sugar) and with potatoes added in. We were right! We like to leave the skin on the potato for added nutrition."

Van Asselt Elementary School, Seattle

Sweet and Sour Potato and Cabbage Soup

Makes 6 servings

- 2 large Washington State Yukon Gold potatoes
 - 1 large onion
 - 2 cloves garlic
 - 1 tablespoon vegetable oil
 - 4 cups chicken or vegetable broth or 1 box (32 ounces)
 - 2 cups water
 - 1 can (8 ounces) crushed or diced tomatoes
 - 3 to 4 tablespoons brown sugar
 - 3 tablespoons apple cider vinegar
 - 6 cups shredded green cabbage (about 1-pound head or 1-pound bag coleslaw)
- Salt and black pepper to taste
Plain yogurt for topping



1. Scrub the potatoes with a vegetable brush in the sink under cold running water. Do not peel.
2. Peel the onion and the garlic cloves. On a cutting board with a large heavy knife, with adult help, chop the onion and finely chop the garlic.
3. Put a big pot on the stove on Medium heat. Add the oil and let it warm for about a minute.
4. Add the onion and garlic and cook, stirring occasionally, until the onion is tender, about 5 minutes. Turn off heat.
5. On the cutting board with the large heavy knife, with adult help, cut the potatoes into 1-inch squares and add them to the pot.
6. Stir broth, water, tomatoes, brown sugar and vinegar in with onions in pot.
7. Turn up the heat to High until the soup boils. Then turn the heat to Medium-Low and simmer (the surface of the soup will just barely bubble) for 10 minutes.
8. Shred the cabbage with box shredder or in a food processor, with adult help, or use bagged shredded cabbage/coleslaw.
9. Stir the cabbage into the soup. Turn up the heat until the soup boils, then turn the heat to Medium-Low and let the soup simmer another 10 minutes or until the cabbage is just tender and the potatoes are soft.
10. Taste the soup and add more sugar or more vinegar depending on how sweet and sour you like it. Season with salt and pepper.
11. Serve in soup bowls and top each serving with a spoonful of plain yogurt.



What you'll need to make this recipe:

- Vegetable brush
- Large heavy knife
- Cutting board
- Big pot with cover
- Measuring spoons and cup
- Mixing spoon
- Can opener
- Large spoon or wooden spoon
- Box shredder or food processor with shredding blade
- Timer
- Ladle for serving
- Soup bowls

Nutritional Analysis per

servings: 193 calories, 6.25 g protein, 39 g carbohydrates, 2.5 g fat (11% of calories from fat), 0 mg cholesterol, 4.5 g fiber, 466 mg sodium.

Watch a cooking demonstration video of Explorer students preparing their fries by going to www.potatokids.com

Explorer Community School, Redmond Explorer's Extraordinary Oven Fries

Makes 4 servings

2 medium Washington State russet potatoes
Olive oil cooking spray
1 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon garlic powder
Nonfat sour cream

1. Preheat the oven to 425°F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. Get out a baking sheet and tear off enough foil to cover the sheet.
4. On a cutting board with a large heavy knife, with adult help, cut the potatoes in half the long way. Cut them in half again and then cut each quarter in half. You will have 8 long wedges.
5. Arrange the wedges on the lined baking sheet.
6. Spray with wedges evenly with the olive oil cooking spray.
7. In a small bowl, mix the salt, paprika and garlic powder.
8. Using a teaspoon or your fingers, sprinkle half the salt mixture over the potato wedges.
9. Place in preheated oven and bake for 10 minutes.
10. Using potholders, carefully take the baking sheet out of the oven and turn the wedges over with a spatula.
11. Sprinkle the other side of the wedges with the remaining salt mixture.
12. Bake for another 10 to 12 minutes or until a wedge feels soft when you poke it with a fork.
13. Serve warm with nonfat sour cream for dipping.

What you'll need to make this recipe:

Vegetable brush
Baking Sheet
Aluminum foil
Large heavy knife
Cutting board
Small bowl
Measuring spoons
Potholders
Spatula
Fork
Timer
Bowl for sour cream

Nutritional Analysis per serving: 85 calories, 2.3 g protein, 19.5 g carbohydrates, 0.12 fat (1% of calories from fat), 0 mg cholesterol, 1.5 g fiber, 584 mg sodium.





Skykomish Elementary School, Skykomish Lemon Chive Potatoes

Makes about 4 servings

10 to 15 small Washington State red potatoes (about 1 1/2 pounds)

- 1/2 teaspoon salt
- 2 tablespoons butter or margarine
- 1/2 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 2 teaspoons chopped chives
- 1 teaspoon finely chopped fresh rosemary leaves
- 1 clove garlic, peeled and finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon lemon pepper

1. Scrub the potatoes with a vegetable brush in the sink under cold running water.
2. On a cutting board with a large heavy knife, with adult help, cut the potatoes in half.
3. Pour water into a large pot until it is about 3 inches deep. Add the first 1/2 teaspoon salt. Add the potato halves and put the pot on the stove. Turn the heat to High. When the water boils, turn heat to Medium, cover the pot and simmer potatoes until they are soft when poked with a fork, about 10 to 15 minutes. (Remember to use potholders and carefully lift the lid with the opening pointed away from you because the steam will be very hot.)
4. While the potatoes are cooking, in a microwaveable container or small saucepan, heat the butter, lemon peel and juice, chives and the seasonings just until bubbly, about 40 seconds in the microwave or a few minutes on the burner on Medium-High heat.
5. Put a colander or large strainer in the sink. Using potholders, carefully take the pot off the stove and pour into the colander to drain the potatoes. Again, be careful of the steam!
6. Pour or spoon the potatoes from the colander into a serving dish. Pour on the lemon butter.

Everyone will love these little red potatoes with a buttery herb topping. And while you are cutting the potatoes, think about fractions and shapes: halves and spheres. This recipe is a good one for special family events.

What you'll need to make this recipe:

Vegetable brush
Large heavy knife
Cutting board
Large pot with cover
Measuring spoons
Grater or lemon zester
Fork
Microwaveable small bowl
or small saucepan
Timer
Colander or large strainer
Potholders
Serving dish

Nutritional Analysis per serving: 173 calories, 3.3 g protein, 28 g carbohydrates, 6 g fat (30% of calories from fat), 15 mg cholesterol, 3 g fiber, 661 mg sodium.



Vegetarian families will like this hearty dish with soy-based alternatives. This recipe is an easy variation of the favorite English recipe for Shepherd's Pie.

Kennydale Elementary School, Seattle

Potato Pie

Makes 4 to 6 servings

Pan coating spray

1 1/2 pounds Washington State Russet potatoes

1 pound lean ground beef, ground turkey or vegetarian crumbles

1 bag (16 ounces) frozen mixed vegetables

1/2 cup milk or soymilk

3 tablespoons butter or margarine

1/2 teaspoon salt

Dash pepper

1. Preheat the oven to 375° F.
2. Spray a 9x13-inch pan or baking dish with pan coating spray and set aside.
3. Scrub the potatoes with a vegetable brush in the sink under cold running water.
4. Peel the potatoes with a vegetable peeler.
5. On a cutting board with a large heavy knife, with adult help, cut the potatoes in half lengthwise. Then cut each half into 3 pieces lengthwise and then 4 pieces crosswise.
6. Put the potato pieces in a large saucepan or pot. Hold the saucepan under the faucet and add just enough cold water to cover the potato pieces.



7. Put the pan on the burner on the stove and set the heat to High.
8. When the water boils, lower the heat to Low, so the potatoes just barely boil. Cover and cook for 20 minutes.
9. While the potatoes are boiling, put a large skillet on another burner on the stove and add the ground beef.
10. Cook over Medium-High heat, breaking the ground beef into small pieces with a wooden spoon and stirring occasionally until meat is brown and crumbly.
11. Stir in the vegetables and spoon mixture evenly over the bottom of the sprayed pan.
12. Using potholders, carefully lift the lid on the potatoes (hot steam will come out). Poke a piece of potato with a long-handled knife or fork to see if it is tender. If not, re-cover and cook a few minutes longer.
13. Put a colander or big strainer in the sink and, using potholders, very carefully pour potatoes and water into the colander to drain the potatoes.
14. If using a ricer or food mill, work over a large bowl and push the hot potatoes through the ricer or food mill. If using a masher, put the potatoes in a large bowl and mash.
15. Add the milk, butter, salt and pepper and stir well.
16. If using an electric mixer, put potatoes in a large bowl, add the milk, butter, salt and pepper, and beat at Low speed for 2 minutes and at High speed for 1 minute. Do not overbeat or potatoes will get sticky.
17. Spread the mashed potatoes over the vegetable/ground beef mixture in the pan.
18. Bake until top is nicely browned, about 30 minutes. Use potholders to take the pan out of the oven.

What you'll need to make this recipe:

9x13-inch pan or baking dish
 Vegetable brush
 Vegetable peeler
 Large heavy knife
 Cutting board
 Large saucepan or pot with cover
 Timer
 Large skillet
 Wooden spoon
 Potholders
 Fork
 Colander or big strainer
 Masher, ricer, food mill or electric mixer
 Large bowl
 Measuring cups and spoons
 Spatula

Nutritional Analysis per serving: 315 calories, 20 g protein, 31 g carbohydrates, 12 g fat (35% of calories from fat), 63 mg cholesterol, 5 g fiber, 310 mg sodium.

Adding barely cooked fresh spinach to mashed potatoes makes them green, and also very tasty. You could also try adding cooked peas, or corn, or cooked mixed vegetables to mashed potatoes for lots of color and great taste. Xander says "You will get some bright green mashed potatoes. Yum!"



Graham Hill Elementary School, Seattle **Xander's Atomic Potatoes**

Makes 4 to 6 servings

- 2 pounds Washington State russet potatoes
- 1 bag (5 ounces) fresh baby spinach
- 1/3 cup vegetable broth
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon ground white pepper
- 1/2 cup grated Parmesan cheese

1. Scrub the potatoes with a vegetable brush in the sink under cold running water.
2. Peel the potatoes with a vegetable peeler.
3. On a cutting board with a large heavy knife, with adult help, cut the potatoes in half lengthwise. Then cut each half into 3 pieces lengthwise and then 4 pieces crosswise.



4. Put the potato pieces in a large saucepan. Hold the saucepan under the faucet and add just enough cold water to cover the potato pieces.
5. Put the pan on the burner on the stove and set the heat to High.
6. When the water boils, lower the heat to Low, so the potatoes just barely boil. Cover and cook 15 minutes.
7. While the potatoes are cooking, put a large saucepan on another burner and add the spinach and vegetable broth. Turn the heat to Medium-High, cover and cook just until spinach is limp, about 2 minutes.
8. Using potholders, very carefully spoon the spinach and broth into a blender container. Cover and blend until smooth, about 1 minute. Set aside.
9. Using potholders, very carefully lift the lid on the potatoes (hot steam will come out). Poke a piece of potato with a long-handled knife or fork to see if it is tender. If not, re-cover and cook a few minutes longer.
10. Put a colander or big strainer in the sink and, using potholders, very carefully pour the potatoes and water in to drain the potatoes.
11. Put the potatoes in a large mixing bowl. Add the spinach, broth and all the remaining ingredients and, using electric mixer, mix 1 minute on Low speed and 1 minute on High or mash with potato masher.

What you'll need to make this recipe:

Vegetable brush
 Vegetable peeler
 Measuring cups
 Measuring spoons
 Large heavy knife
 Cutting board
 2 saucepans with covers
 Timer
 Potholders
 Spoon
 Colander or big strainer
 Knife or fork
 Blender
 Rubber spatula
 Large mixing bowl
 Potato masher or electric mixer

Nutritional Analysis per serving: 202 calories, 6.4 g protein, 31 g carbohydrates, 6.5 g fat (28% of calories from fat), 6 mg cholesterol, 3.5 g fiber, 574 mg sodium.



The trees in this creamy soup are actually bits of broccoli, and it is a great way to enjoy two vegetables: potatoes and broccoli. The kids at Carl Sandburg school like the idea of broccoli “trees” in this easy soup.

Carl Sandburg Elementary School, Kirkland Potato, Cheese and Trees Soup

Makes 6 servings

- 1 1/2 pounds Washington russet potatoes
- 1 tablespoon butter or margarine
- 1 cup chopped onion
- 3 cups chicken broth
- 1 package (10 ounces) frozen chopped broccoli, thawed and drained
- 1 3/4 cups (7 ounces) shredded Cheddar cheese
- Salt and pepper, to taste

What you'll need to make this recipe:

Vegetable brush
Large heavy knife
Measuring cups and spoons
Cutting board
Large saucepan with cover
Large spoon or wooden spoon
Timer
Small bowl
Blender
Ladle
Soup bowls

Nutritional Analysis per serving: 268 calories, 13 g protein, 26 g carbohydrates, 13 g fat (44% of calories from fat), 42 mg cholesterol, 3 g fiber, 719 mg sodium.

1. Scrub the potatoes with a vegetable brush in the sink under cold running water.
2. On a cutting board using a large heavy knife, with adult help, cut the potatoes lengthwise in half, then cut each half lengthwise into quarters. Cut the long pieces in half crosswise and then cut each half into quarters.
3. Put the butter in a large saucepan and put on a burner on the stove. Set the heat to Medium-High.
4. When the butter is melted, add the onion and cook, stirring occasionally, until tender, about 5 minutes.
5. Add the potatoes pieces and the broth to the saucepan.
6. Turn the heat to High. When the broth boils, lower the heat to Low, so the potatoes just barely boil. Cover and simmer 10 minutes.
7. With a big spoon or a measuring cup, take 1 cup potatoes out of the pan and put in a small bowl.
8. Carefully pour the remaining potatoes and broth into the blender container.
9. Put the lid on the blender and blend until mixture is smooth, about 1 minute.
10. Pour the blended mixture into the saucepan and add the reserved potatoes, the broccoli and the cheese.
11. On the burner over Medium heat, stir the soup until the cheese is melted and the soup just begins to bubble. Cook, stirring occasionally, for 5 minutes.
12. Season to taste with salt and pepper.
13. Serve in bowls.





L.P. Brown Elementary School, Olympia

Herb Roasted Fingertlings

Makes 6 to 8 servings

- 2 pounds Washington State fingerling potatoes
- 3 tablespoons olive oil
- 5 cloves garlic, peeled and minced
- 1 1/2 teaspoons dried oregano
- 1 teaspoon dried thyme leaves
- 1 teaspoon chopped chives
- 1/2 teaspoon kosher salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon chopped fresh chives
- 1/2 teaspoon minced fresh rosemary leaves

- 1 Preheat oven to 425° F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. On cutting board with large heavy knife, with adult help, cut each potato in half lengthwise. Set aside.
4. In large bowl, combine oil, garlic and all the seasonings except the chives and fresh rosemary and stir to mix well.
5. Add the potato halves and stir to coat completely with oil/seasonings.
6. Spray or oil a baking sheet or roasting pan.
7. Arrange potato halves in a single layer on the baking sheet.
8. Roast in oven for 6 minutes.
9. Using potholders, carefully slide the sheet out of the oven and turn the potatoes with a spatula so they can brown on all sides. Return to oven for another 6 minutes.
10. Slide the sheet out and turn the potatoes one more time, then sprinkle with the chives and rosemary.
11. Roast another 10 to 15 minutes.

Fingerling potatoes are fun. Instead of being oval or round, like most other potatoes, they are long, like chubby fingers. All kinds of good-tasting herbs give the fingerlings a speckled look and a wonderful taste.

What you'll need to make this recipe:

Measuring spoons
Vegetable brush
Large heavy knife
Cutting board
Large bowl
Mixing spoon
Baking sheet
Timer
Potholders
Spatula

Nutritional Analysis per serving: 172 calories, 2.5 g protein, 25 g carbohydrates, 6.8 g fat (36% of calories from fat), 0 cholesterol, 4 g fiber, 165 mg sodium.

Apolo Anton Ohno loves Washington potatoes and says that potatoes and curry are one of his favorite combinations. He even adds cooked chicken to his potato curry soup.

Rainier Elementary School, Rainier Curry Potato Soup

Makes 8 servings

- 1 1/2 pounds Washington State Yukon Gold or russet potatoes
- 2 tablespoons canola oil or butter
- 1 large onion, chopped
- 2 teaspoons very finely chopped peeled fresh ginger root
- 1 clove garlic, finely chopped
- 1 1/2 teaspoons curry powder
- 1 teaspoon Kosher salt
- 1/2 teaspoon ground cumin
- 5 cups reduced-sodium chicken broth
- 1/2 cup half-and-half
- 1 cup frozen peas
- Greek yogurt or toasted croutons

1. Scrub the potatoes with a vegetable brush in the sink under cold running water.
2. Peel the potatoes with a vegetable peeler. Using a large heavy knife on a cutting board, with adult help, cut the potatoes lengthwise in half and then crosswise into quarters. Set aside.
3. Put a large saucepan or saucetop on the burner on the stove and set the heat to Medium-Low.
4. Add the oil and let it get hot. Then stir in the onion, ginger and garlic.
5. Reduce heat to Low. Cover the pot and cook 4 minutes.
6. Using potholders, lift the cover and stir the onion mixture. Re-cover and cook until onion is very soft, about 4 to 5 minutes more.
7. Stir in the curry powder, salt and cumin, then the potatoes and chicken broth.
8. Increase heat to Medium and cook, stirring occasionally, until potatoes are tender, about 20 minutes.
9. Turn off the heat and take the pan from the burner.
10. Working very carefully, spoon about 2 cups of the mixture into the blender and blend until smooth. Pour back into a bowl.
11. Add the remaining potato/broth mixture to the blender and blend until smooth. Add to the saucepan or pot along with the blended mixture in the bowl.
12. Stir the half-and-half and the frozen peas into the potato mixture in the pot. Put on the burner on Medium heat just until soup begins to bubble.
13. Season with salt and pepper.
14. Serve in soup bowls. Top with Greek yogurt or toasted croutons.



What you'll need to make this recipe:

Vegetable brush
Vegetable peeler
Large heavy knife
Cutting board
Large saucepan or pot with cover
Measuring spoons and cups
Timer
Wooden spoon
Potholders
Blender
Bowl
Ladle
Soup bowls

Nutritional Analysis per serving: 151 calories, 5.5 g protein, 21 g carbohydrates, 5.4 g fat (31% of calories from fat), 5.5 mg cholesterol, 2.5 g fiber, 605 mg sodium.

The folks at Concordia Lutheran School say, "These little potato pancakes are gluten-free and provide added fiber. The sweetness of the cinnamon is kid-pleasing without the addition of sugar. The Russet potatoes naturally have vitamin C, B, minerals, protein and carbohydrates. We chose to pan fry them in canola oil, which has no trans fat." You can use all-purpose flour if no one in your family requires gluten free flour.

What you'll need to make this recipe:

- Vegetable brush
- Vegetable peeler
- Shredder or food processor with shredding blade
- Paper towels
- Measuring spoons
- Large bowl
- Mixing spoon
- Large non-stick skillet or electric skillet
- 1/4 cup measure
- Pancake turner
- Timer
- Heat proof platter
- Potholders

Nutritional Analysis per serving: 190 calories, 4 g protein, 26 g carbohydrates, 8 g fat (38% of calories from fat), 35 mg cholesterol, 2 g fiber, 18 mg sodium.

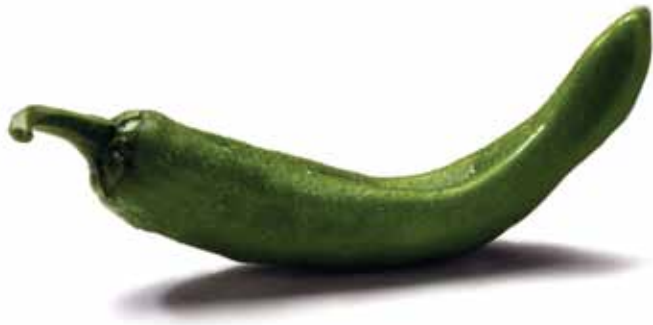
Concordia Lutheran School, Tacoma Bird Nests (Potato Pancakes)

Makes 4 to 6 servings

- 1 1/2 pounds Washington State russet potatoes
- 1 apple
- 1 egg
- 1 tablespoon gluten-free flour
- 1 teaspoon ground flax seed
- 1/2 teaspoon ground cinnamon
- About 3 tablespoons canola oil

1. Preheat oven to 250° F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. Peel the potatoes with a vegetable peeler.
4. Cover a big plate with a double thick layer of paper towels, stand a shredder on the paper towels and shred the potatoes and the apple (but not the apple core) or have an adult shred the potatoes and apple in the food processor.
5. Wrap the shredded potatoes and apple in paper towels and gently squeeze to get out any moisture.
6. In a large bowl beat the egg, then stir in the flour, flax seed and cinnamon.
7. Dump the potato and apple shreds into the bowl and toss with a big spoon to mix.
8. Put a big non-stick skillet on the burner on the stove on Medium-High and let heat for a minute. Add about 1 tablespoon of the oil. Using a 1/4 cup measure, fill it with the potato mixture and then turn the mixture out into the hot skillet. Using a pancake turner, press gently to form a pancake or "nest." (Or use an electric skillet.)
9. Repeat this until the pan is full. Set the timer for 5 minutes. Lift up one pancake to peek underneath to be sure the bottom is nicely browned.
10. Turn each pancake when browned and cook the other side for 5 minutes.
11. Put the cooked pancakes on a heat proof platter and put in the oven to stay warm while you cook the remaining pancakes.
12. Add more oil to the skillet, if necessary, while you are cooking the remaining pancakes.
13. Remember to use potholders when you take the platter out of the oven.





Anderson Island Grade School, Anderson Island Cheesy Chicken Chili Spuds

Makes 8 servings

- 4 baked Washington State russet potatoes, about 8 ounces each (see How To Bake Potatoes below)
 - 1 cup sour cream
 - 1/2 teaspoon salt
 - Dash pepper
 - 1 cup cubed cooked chicken
 - 1 can (4 ounces) mild green chilies, drained
 - 1/2 cup (2 ounces) shredded Monterey Jack or Cheddar cheese
1. Prepare baked potatoes and let stand about 10 minutes to cool for easier handling. Reduce oven temperature to 350°.
 2. Using a large heavy knife and on a cutting board, with adult help, cut each baked potato in half the long way.
 3. Using a spoon, scoop out the center of each potato half, making a boat of the skin and leaving about 1/2 inch of the white part of the potato and the peel in place.
 4. Put the scooped-out center portion of the potatoes into a medium bowl.
 5. Mash the potatoes with a masher (or put the cooked potatoes through a ricer or food mill into the bowl).
 6. Stir in the sour cream, salt and pepper and mash again.
 7. Stir in the chicken and the chilies.
 8. Put the potato boats on a baking sheet, cut-side up.
 9. Spoon the mashed potato mixture into each boat.
 10. Sprinkle the potato mixture with the cheese.
 11. Put into the oven and bake until cheese is melted, about 20 to 30 minutes.
 12. Using potholder, carefully remove the baking sheet from the oven.

How to Bake Potatoes:

Preheat oven to 400°F. Scrub potatoes with a vegetable brush under cold running water. With a fork, stick each potato several times so steam can escape. Bake until tender when tested with a fork, about 50 to 60 minutes. Use potholders to remove from the oven.

Mmmm! Baked potatoes stuffed with chicken, cheese and chilies make a meal. Some folks call these twice baked potatoes, because you scoop out the centers of baked potatoes, mash them and then stuff back in to bake a little longer to melt the cheese on the top.

What you'll need to make this recipe:

Vegetable brush
Fork
Large heavy knife
Cutting board
Mixing spoon
Medium bowl
Masher, ricer or food mill
Measuring cups
Measuring spoons
Baking sheet
Potholders
Timer

Nutritional Analysis per serving: 206 calories, 9.5 g protein, 22 g carbohydrates, 9 g fat (40% of calories from fat), 34 mg cholesterol, 1.6 g fiber, 335 mg sodium.

The silly name, *Bubble and Squeak*, comes from Great Britain, where they say it comes from the sound that the cabbage and mashed potato mixture makes as it cooks. Listen to see if you can hear any bubbling or squeaking when you cook these mashed potato/cabbage and carrot patties.



The Little School, Bellevue **Bubble and Squeak**

Makes 6 servings

Mashed Potatoes (see basic recipe on page 18 or use leftovers)

- 1 pound head cabbage or 6 cups pre-shredded cabbage (coleslaw in a bag)
 - 1 large carrot
 - 2 tablespoons olive oil, divided
 - 1 onion, peeled and chopped
 - 1 cup (4 ounces) shredded Cheddar or Swiss cheese
- Salt and pepper

1. Preheat oven to 250°F.
2. Prepare Mashed Potatoes. Place in a large bowl and set aside.
3. While the potatoes are cooking, using a large heavy knife and a cutting board, with adult help, cut the cabbage head (if that's what you are using) into quarters.
4. Then chop the cabbage into small pieces. Using a vegetable peeler, peel the carrot and cut off the top and end.
5. Chop the carrot.

6. Put a large nonstick skillet on the burner on the stove and set the heat to Medium. Add 1 tablespoon of the oil and let it heat for about a minute. Add the onion and cook, stirring occasionally, until tender, about 5 minutes.
7. Meanwhile steam the cabbage and carrot. To steam, put a large pot under the faucet and add enough water to make about 2 inches in the bottom. Put on the burner.
8. Put a steamer insert in the pot, add the cabbage and carrot chunks. Turn the heat to High. Cover and steam until vegetables are tender, about 8 to 10 minutes.
9. Carefully lift the cover (steam will be hot) and using potholders, lift out the steamer insert.
10. If you don't have a steamer insert, just heat 2 cups of water in the pot to boiling, add the cabbage and the carrots. Lower the heat to Medium, cover and cook about 8 to 10 minutes.
11. Put a colander or big strainer in the sink and, using potholders, very carefully pour the cabbage, carrots and water in to drain.
12. Stir cooked cabbage, carrots, onion and cheese into the mashed potatoes and mix well.
13. Using a 1 cup measure, for large patties, or a ½ cup measure for smaller patties, portion out the potato cabbage mixture. Mixture may still be hot, so handle carefully. Form into patties with your hands. Place each patty on a baking sheet while you form the rest of the potato mixture.
14. In the same large non-stick skillet on the burner on Medium heat, heat about 1 tablespoon of the oil. (You can use a large electric skillet or griddle and will then be able to cook more patties at one time.)
15. Add enough patties to the skillet to fill it, but leave enough room between each patty so you can get a spatula in to turn them.
16. Cook until well browned on bottom, about 5 minutes.
17. Turn patties and brown on the second side, about 3 to 5 minutes.
18. Put the cooked patties on a heat proof platter and put in the oven to stay warm while you cook the remaining patties.
19. Season to taste with salt and pepper.

What you'll need to make this dish:

- Large heavy knife
- Cutting board
- Vegetable peeler
- Large nonstick skillet or electric skillet
- Measuring spoons
- Large mixing or wooden spoon
- Large pot
- Steaming insert or rack
- Timer
- Pot holders
- Colander or big strainer
- Large bowl
- 1 or 1/2 cup measure
- Baking sheet
- Timer
- Spatula
- Heatproof platter

Nutritional Analysis per serving: 294 calories, 9 g protein, 29 g carbohydrates, 17 g fat (51% of calories from fat), 26 mg cholesterol, 3.6 g fiber, 361 mg sodium.



You can mash the cooked potatoes with a masher or a mixer, or put them through a food mill or a funny-looking piece of kitchen equipment called a ricer. If you do use an electric mixer, remember to keep the mixing time short or the potatoes will get gummy and sticky.

Here's what you'll need to make this recipe:

Vegetable brush
Vegetable peeler
Large saucepan
Pot holders
Fork
Colander
Large mixing bowl OR potato masher OR ricer OR food mill

Nutritional Analysis per serving: 206 calories, 4 g protein, 6 g fat (26% calories from fat), 35 g carbohydrates, 11 mg cholesterol, 3 g fiber, 328 mg sodium.

Mashed Potatoes

Makes 4 servings

1 1/2 pounds Washington russet potatoes
3 tablespoons milk
1 tablespoon *each* mayonnaise and butter OR 2 tablespoons butter
1/2 teaspoon salt
Pepper

1. Scrub potatoes with vegetable brush under cold running water.
2. Peel potatoes, if you wish, and using a large heavy knife on a cutting board, with adult help, cut into even-sized chunks.
3. Place potatoes in a large saucepan and add enough cold water to cover completely. Put on burner on the stove and set the heat to High. Heat to boiling, then reduce heat to Simmer.
4. Cover and cook until tender, about 20 minutes. Using potholders, lift the lid carefully and check to see if the potatoes are tender by poking them with a fork.
5. Put a colander in the sink and then carefully pour the hot water and potatoes into the colander.
6. Drain the potatoes well.
7. Turn potatoes into mixing bowl or put through ricer or food mill into large mixing bowl. Add milk, mayonnaise, butter, salt and a generous dash of pepper. Mash with potato masher or whip 1 minute at low speed on mixer then 1 minute at high speed until mixture is smooth but not gummy, or put through ricer. Serve warm.

If you use an electric mixer to mash your potatoes, remember to keep the mixing time short or the potatoes will get gummy and sticky.

Here are some easy variations of mashed potatoes to try another time:

- Confetti Mashed Potatoes: Add 1/3 to 1/2 cup finely diced cooked mixed vegetables such as carrots, green beans, sweet red or yellow peppers, green bell peppers, celery, onions and cabbage. Gently mix into hot mashed potatoes.
- Roasted Garlic Mashed Potatoes: Preheat oven to 375°F. Cut off and discard top 1/2 inch of one whole head of garlic. Bake head of garlic until soft, about 35 to 45 minutes. Squeeze garlic to remove cloves and stir with fork to mash. Gently mix into hot mashed potatoes.

BBQ Potato

Makes 1 serving

- 1 large Washington russet potato
 - 1 cup lightly steamed broccoli florets
 - 2 tablespoons shredded Cheddar cheese
 - 1 tablespoon light sour cream
1. With adult supervision, light the charcoal grill or preheat the gas grill.
 2. Scrub the potato with a vegetable brush in the sink under cold running water.
 3. Wrap the potato completely in heavy-duty aluminum foil, or a double thickness of regular aluminum foil.
 4. Using tongs, make a nest in the coals and place the potato in the nest. Or place on the shelf of the grill. Cover the grill.
 5. Bake until the potato is tender when pierced with a small sharp knife or a fork, about 50 to 60 minutes.
 6. Using potholders, carefully remove potato from grill. Peel off the foil.
 7. Again, using potholders and small sharp knife, cut a zigzag in the top of the potato.
 8. Using potholders, press the ends of the potato together and toward the center, so the potato “pops” open. Use a fork to open the potato a little more, fluff the center and make room for the broccoli.
 9. Spoon the broccoli into the potato.
 10. Top with cheese and sour cream.
 11. Get a fork and dig in, says Adrian of the 5th grade at Cedarhurst Elementary.

Here's what you'll need to make this recipe:

Charcoal or gas grill
Vegetable brush
Heavy duty aluminum foil
Tongs
Potholders
Small sharp knife
Spoon
Fork



Nutritional Analysis per serving:

388 calories, 14 g protein, 69 g carbohydrates, 7 g fat (16% of calories from fat), 20 mg cholesterol, 9 g fiber, 160 mg sodium.

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