

# POTATOES



## TRY THIS

- Add diced potatoes to homemade soups.
- Quarter white potatoes, rutabagas, and parsnips, add to boiling water and boil on high for 20 minutes. Drain and mash with a little broth, and season with salt, pepper, and herbs. Add a little butter or olive oil, if desired.
- Make a root veggie platter. Quarter or thick slice potatoes, sweet potatoes, carrots, and any other root vegetables with a few cloves of peeled garlic on a sheet pan. Drizzle with olive oil, season with salt, pepper, and dried rosemary. Toss and roast in a 400 F oven for 60 minutes.

## BUYING AND STORING

- Select potatoes that are dry and firm, without bruises, spots, mold, or decay.
- Avoid potatoes with any green coloring or trim away any green coloring.
- Store unwashed potatoes in a dark, cool, dry place in a mesh bag.
- Wash all fresh fruits and vegetables before using.

# CHEESY POTATO AND BROCCOLI EGG BAKE

Total Time: 1 hour 15 minutes | Makes: 8 Servings | Serving Size: 1 slice

Nutrition Information Per Serving: Calories 182, Carbohydrate 13g, Dietary Fiber 2g, Protein 12g, Total Fat 10g, Saturated Fat 4g, Cholesterol 196mg, Sodium 345mg

## INGREDIENTS

Non-stick cooking spray

2 medium potatoes, thinly sliced

1 tablespoon olive oil

½ teaspoon kosher salt, divided

½ teaspoon pepper, divided

8 eggs

½ small onion, diced


1 teaspoon Italian seasoning

One 10- or 12-ounce bag frozen broccoli, defrosted

1 cup low-fat cheddar cheese, shredded

## INSTRUCTIONS

1. Preheat oven to 375 F. Spray a 7-by-11-inch baking dish with non-stick cooking spray.
2. In a medium bowl, mix the potato slices with olive oil, half the salt and half the pepper. Place in the baking dish.
3. Bake potatoes for 30 minutes; remove from oven.
4. Change oven temperature to 350 F.
5. In bowl, whisk eggs, onion, Italian seasoning, and remaining salt and pepper.
6. Pat broccoli dry and cut into small pieces. Spread over potatoes and top with shredded cheese.
7. Pour the egg mixture over broccoli.
8. Bake 20–30 minutes, or until eggs are set. Serve hot.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## CHANGE IT UP

- Use a mixture of white and sweet potatoes.
- Add a can of mushrooms, drained.
- Try pepper jack cheese or mozzarella cheese.
- Add finely chopped fresh herbs such as basil, cilantro, or parsley.