



FAMILY FEATURES

Trimming the grocery budget doesn't require cutting back on healthy foods. It just takes a little planning and nutrition know-how.

Fresh produce is a key ingredient in eating well. At about 25 cents per serving, potatoes are one of the best values in the entire produce department. One medium-sized potato provides 45 percent of your daily value of vitamin C, more potassium than a banana, zero fat and only 110 calories. There are many healthy preparation tips and topping ideas that let you enjoy potatoes while keeping fat and calories low.

Heart-smart cooking also calls for healthy fats to give energy, help in the absorption of fat-soluble vitamins and beta-carotene, and slow digestion. One of the healthiest cooking oils in the world is canola oil. It has the lowest amount of saturated fat of any common culinary oil (half that of olive oil) and is free of trans fat and cholesterol. The FDA authorized a qualified health claim for canola oil on its potential to reduce the risk of coronary heart disease. Just 1.5 tablespoons a day, which costs pennies, may help protect your heart.

These recipes combine nutrition and smart shopping into family-friendly recipes that do the body — and the wallet — good.

For more healthy recipes using potatoes and canola oil, visit www.potatogoodness.com and www.canolainfo.org.

Recipe cost analysis is based on food prices from www.peapod.com.

Turkey Burger With Baked Chips

Turkey Burger
This recipe costs about \$2.21 per serving.
Preparation Time: 10 minutes
Cook Time: 15 minutes
Yield: 4 burgers

- 4 tablespoons canola oil, divided
- 1/4 cup finely chopped red onion
- 1 apple, peeled, cored and finely diced
- 1/4 cup chopped green onion
- 1 clove garlic, finely diced
- 1 pound ground turkey
- 2 teaspoons Dijon mustard
- 1/3 cup peach chutney
- 1/2 cup dry bread crumbs
- Salt and pepper to taste

In medium-size fry pan, heat 2 tablespoons canola oil. Sauté red onion, apple, green onion and garlic for 3 to 5 minutes, over medium-low heat.

Place ground turkey in large mixing bowl. Add apple mixture, mustard, peach chutney, bread crumbs, salt and pepper. Form into burgers.

In large fry pan, heat remaining 2 tablespoons canola oil. Cook burgers over medium heat until juices run clear, approximately 15 minutes. Cooking time will depend on thickness of burgers. Turn once during cooking time. Serve on whole wheat roll with side of baked chips.

Nutritional Analysis (per burger): Calories, 420; Fat, 26 g; Saturated Fat, 4.5 g; Cholesterol, 95 mg; Sodium, 370 mg; Carbohydrates, 25 g; Fiber, 2 g; Protein, 23 g; Vitamin C, 18 mg; Potassium, 376 mg

Nutrition ON A BUDGET



Baked Chips
This recipe costs about \$0.27 per serving.
Preparation Time: 10 minutes
Cook Time: 15 minutes
Yield: 4 servings

- Canola cooking spray
- 4 small Russet potatoes
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1 to 2 teaspoons herb blend of your choice

Preheat oven to 425°F. Line baking sheet with foil and coat with cooking spray (for easier clean-up). Cut potatoes crosswise into very thin slices about 1/8 inch thick.

Place potato slices and canola oil into large re-sealable plastic bag. Seal bag and toss to coat well. Open bag and spread potato slices evenly on prepared pan. Sprinkle with salt and herbs if desired. Bake about 15 minutes or until golden brown.

Nutritional Analysis (per serving): Calories, 80; Fat, 3.5 g; Saturated Fat, 0 g; Cholesterol, 0 mg; Sodium, 370 mg; Carbohydrates, 10 g; Fiber, <1g; Protein, 1 g; Vitamin C, 3 mg; Potassium, 374 mg



Warm Potato Salad

This recipe costs about \$1.95 per serving.
Preparation Time: 10 minutes
Cook Time: 10 minutes
Yield: 4 servings

- 4 small red potatoes, washed and cut into 1-inch wedges
- 1 cup green beans, cooked
- 1 small red pepper, cut into strips
- 1 can (5 ounces) solid albacore tuna, broken into bite-size chunks
- 1/3 cup canola oil
- 2 tablespoons white wine vinegar
- 1/4 cup chopped chives
- 1 tablespoon whole grain mustard
- 1 teaspoon sugar
- 1/2 teaspoon black pepper

Salt to taste

In medium saucepan, simmer potatoes in lightly salted water for about 10 minutes, or just until tender. Drain.

In bowl, combine potatoes, green beans, red pepper and tuna. Set aside. In small bowl, combine canola oil, vinegar, chives, mustard, sugar, pepper and salt. Mix well. Pour over salad ingredients and toss lightly to combine. Serve immediately.

Nutritional Analysis (per serving): Calories, 290; Total Fat, 20 g; Saturated Fat, 1.5 g; Cholesterol, 20 mg; Sodium, 330 mg; Carbohydrates, 15 g; Fiber, 2 g; Protein, 13 g; Vitamin C, 33 mg; Potassium, 461 mg

Potato Pancakes

This recipe costs about \$0.65 per serving.
Preparation Time: 18 minutes
Cook Time: 12 minutes
Yield: 8 pancakes

- 4 medium Yukon Gold potatoes
- 1/4 cup hot milk
- 2 tablespoons canola oil margarine or canola oil butter blend
- Salt and pepper to taste
- 1/2 cup grated carrots
- 1/4 cup finely chopped onion
- 1/4 cup chopped green onions
- 2 tablespoons freshly chopped parsley
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 to 3 tablespoons canola oil

Quick and easy microwave mashed potatoes: Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on high for 9 minutes or until potatoes are done. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up. Add milk, canola oil margarine or butter blend, salt and pepper to taste. Using potato masher, mash potatoes to desired consistency.

To prepare pancakes: In large mixing bowl, combine mashed potatoes, carrots, onions, parsley, flour, salt and pepper. Mix well.

In large fry pan, heat canola oil. Spoon vegetable mixture, about 1/3 cup at a time, to form pancakes. Cook pancakes over medium heat for 3 to 4 minutes per side, or until cooked through and golden brown. Add additional canola oil as needed to cook remaining pancakes.

Nutritional Analysis (per pancake): Calories, 120; Fat, 6 g; Saturated Fat, 1 g; Cholesterol, 0 mg; Sodium, 180 mg; Carbohydrates, 15 g; Fiber, 1 g; Protein, 2 g; Vitamin C, 16 mg; Potassium, 57 mg