

BEEF AND POTATO STROGANOFF

Substituting potatoes for noodles in Beef Stroganoff gives this dish a flavor and nutrition boost.

Prep time: 10 minutes

Cook time: 20 minutes



UNITED STATES

Potato

BOARD

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- ▶ 2 medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
- 3/4 pound 85% lean ground beef
- 1 teaspoon salt
- 1 pinch of black pepper
- 1 can (10 3/4 ounces) cream of mushroom soup
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1/2 cup water
- 2 tablespoons Dijon mustard

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Cut potatoes in half lengthwise. Slice across into 1/4-inch thick half moons.

In a 1-quart microwave-safe dish, crumble beef and season with salt and pepper. Add soup, mushrooms, water, mustard and potatoes. Stir until combined.

Cover tightly with lid or plastic wrap. Microwave on high for 20 minutes (cooking time may vary depending on your microwave) or until beef and potatoes are done. Let sit for two minutes. Use oven mitts or tongs to remove plastic wrap from dish to prevent burns from steam.

Makes 2 servings

BEEF AND POTATO TAMALE CASSEROLE

Corn tortillas add great flavor and texture to this Mexican-style beef casserole.

Prep time: 10 minutes

Cook time: 20 minutes



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- ▶ **2** medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
- 1** can (14 1/2 ounces) diced tomatoes in juice
- 1/2** cup water
- 1** packet (1 1/4 ounces) taco seasoning
- 4** yellow corn tortillas, cut in half
- 3/4** pound 85% lean ground beef
- 1** cup shredded Cheddar cheese

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Cut potatoes in half lengthwise. Slice across into 1/4-inch-thick half moons.

In mixing bowl, combine tomatoes, water and taco seasoning, reserving 2 teaspoons taco seasoning. Spread 2 tablespoons tomato mixture in bottom of a 1-quart microwave-safe dish. Cover with 4 tortilla halves.

Crumble beef over tortillas and sprinkle with reserved taco seasoning. Sprinkle half the cheese over beef. Add half the remaining tomato mixture. Spread potatoes on top in a single layer. Cover with remaining tortillas. Spread remaining tomato mixture on top and sprinkle with remaining cheese.

Cover tightly with lid or plastic wrap. Microwave on high for 20 minutes (cooking time may vary depending on your microwave) or until potatoes and beef are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 2 servings

CHEESEBURGER AND FRENCH FRY CASSEROLE

This casserole combines the elements of a cheeseburger meal—including french fries—into one dish.

Prep time: 15 minutes

Cook time: 15 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
- 1/2 cup diced yellow onion
- 1/4 cup diced dill pickle or dill pickle relish
- 1 pound 85% lean ground beef
- 1 teaspoon salt
- 1 pinch of black pepper
- 2 tablespoons ketchup
- 2 tablespoons prepared yellow mustard
- 4 slices American cheese

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Cut potatoes into french fry-size sticks.

Spread onion and pickle evenly on bottom of microwave-safe dish. Crumble beef evenly on top. Season with salt and pepper. Blend ketchup and mustard and drizzle over beef. Cover with cheese and scatter potatoes on top.

Cover tightly with lid or plastic wrap. Microwave on high for 15 minutes (cooking time may vary depending on your microwave) or until beef and potatoes are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

CHICKEN AND POTATO POT PIE

Kids will love this hearty pot pie.

Prep time: 10 minutes

Cook time: 20 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
- 1 chicken breast (6 to 8 ounces)
- 1 can (10 3/4 ounces) cream of chicken soup
- 1 cup frozen vegetable blend
- 1 package refrigerated pie dough
- 1 egg, beaten

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Cut potatoes in half lengthwise. Slice across into 1/4-inch-thick half moons. On separate cutting board, cut chicken into small, uniform cubes.

In a 1-quart microwave-safe dish, combine soup, vegetables, potatoes, chicken and one soup can of water, mixing well. Top mixture with pie dough. Brush dough with egg.

Microwave on high for 20 minutes (cooking time may vary depending on your microwave) or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave.

Makes 2 servings

CREAMY POTATO AND VEGETABLE CASSEROLE

This satisfying side dish adds excitement to simply cooked meat or seafood.

Prep time: 10 minutes

Cook time: 20 minutes



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- ▶ 1 medium russet, white or yellow-flesh potato or 4 small red potatoes
- 1 cup broccoli florets
- 1 can (14 ounces) diced tomatoes and chilies
- 1 can (10 3/4 ounces) cream of celery soup
- 1/2 cup milk
- 1 1/2 teaspoons Cajun seasoning
- 3/4 cup shredded Cheddar cheese

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Cut potatoes into 1/2-inch cubes. Place potatoes and broccoli in microwave-safe dish.

In bowl, stir together tomatoes, soup, milk and Cajun seasoning. Pour over potatoes and broccoli. Sprinkle with cheese.

Cover tightly with lid or plastic wrap. Microwave on high for 20 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

FRENCH ONION CHICKEN AND POTATOES

Onion soup mix is the seasoning secret for this quick and easy casserole. Canned fried onions add a crunchy topping.

Prep time: 10 minutes

Cook time: 12 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 4 to 5 small red potatoes
- 2 chicken breasts (6 to 8 ounces each) or 8 to 10 chicken tenders
- 1 packet dry onion soup mix
- 1 cup water
- 4 slices Swiss cheese
- 1 cup canned fried onions

Cut potatoes in half lengthwise; slice across into 1/4-inch-thick half moons. On separate cutting board, cut chicken into 1/2-inch strips. If using tenders, it is not necessary to cut them.

In a 1-quart microwave-safe dish, combine chicken, soup mix and water, stirring until combined. Arrange potatoes on top of chicken in a single layer. Top with cheese.

Cover tightly with lid or plastic wrap. Microwave on high for 12 minutes (cooking time may vary depending on your microwave) or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam. Sprinkle with fried onions

Makes 4 servings

GRILLED POTATO SKEWERS

Potato skewers are great for picnics or tailgates—assemble ahead of time, then pop them on the grill a few minutes before you're ready to eat.

Prep time: 15 minutes

Cook time: 10 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 6 small red potatoes
- 2 medium zucchini
- 1 half of a smoked sausage rope
- 1/2 cup Italian dressing
- 4 (12-inch) skewers

Preheat grill. Cut russet or yellow-flesh potatoes into 6 equal pieces, or cut red potatoes in half. Cut each zucchini into 6 slices. Cut sausage into 12 slices.

Place 3 pieces potato, zucchini and sausage on each skewer, alternating them. Place skewers in shallow baking dish and pour Italian dressing over them. Marinate for 5 minutes.

Place skewers on grill and cook 5 minutes on each side or until potatoes are done. Use oven mitts to remove skewers from grill.

Makes 4 servings

GRILLED SPUD DOGS

Kids will love these hot dogs in potato “buns.” Have their favorite condiments on hand so they can customize their dogs.

Prep time: 5 minutes

Cook time: 40 minutes



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- ▶ 2 medium russet potatoes
- ▶ 2 hot dogs

Preheat grill. With apple corer, cut centers out of potatoes lengthwise, or cut a lengthwise wedge out of each potato. Insert hot dogs into potatoes. Wrap potatoes individually in foil.

Place potatoes on top rack of grill over low heat. Close grill lid and cook for 40 minutes or until potatoes are done. Use oven mitts to remove potatoes from grill. Unwrap potatoes before serving.

Makes 2 servings

MEATLOAF-STUFFED MICROWAVE POTATO

Turn baked potatoes into a meal with your favorite meatloaf stuffing.

Prep time: 5 minutes

Cook time: 9 minutes



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- ▶ 4 medium russet potatoes
- 1 pound raw meatloaf or bulk sausage

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Cut a thin slice off the bottom of each potato so they will not roll while cooking. Cut potatoes in half lengthwise. With a spoon, scoop out the center of each bottom half, leaving about 1/2 inch of flesh.

Fill each potato bottom with one-quarter of the meatloaf or sausage mixture. Place tops back on potatoes, pressing firmly. Wipe away any excess meat mixture that may squeeze through seam.

Place potatoes on microwave-safe plate. Microwave on high for 9 minutes (cooking time may vary depending on your microwave) or until potatoes are done and filling has reached 160°F. Use oven mitts or tongs to remove from microwave.

Makes 4 servings

MICROWAVE AU GRATIN POTATOES

Try this streamlined version of the classic potato dish, and you'll be surprised how quick—and delicious—it is!

Prep time: 10 minutes

Cook time: 10 minutes



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- ▶ 4 medium russet, white or red potatoes
- 1/2 cup milk
- 1 pinch of salt and black pepper
- 1/2 cup shredded Swiss cheese

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Cut potatoes into 1/8-inch-thick slices.

Pour enough milk into a microwave-safe dish to just cover the bottom. Lay some potato slices on the bottom of the dish in a single layer. Season with salt and pepper and sprinkle with cheese. Repeat layering of ingredients until all potatoes are used. Pour remaining milk over potatoes before adding the last of the cheese.

Cover tightly with lid or plastic wrap. Microwave on high for 10 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

MICROWAVE MASHED POTATOES

Mashed potatoes in minutes are a delicious and satisfying solution for time-pressed cooks.

Prep time: 5 minutes

Cook time: 8 minutes



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- ▶ **4** medium russet, yellow-flesh or white potatoes or 6 to 8 small red potatoes
- Warm milk
- Butter
- Salt and pepper

Place potatoes in microwave-safe dish. Cover tightly with lid or plastic wrap. (If using plastic wrap, poke a small hole in the wrap.) Microwave on high for 8 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Place potatoes in bowl and mash with potato masher. Add milk, butter, salt and pepper to your taste, mashing until desired consistency is reached.

Makes 4 servings

MICROWAVE-ROASTED POTATOES

Flavor these microwave-roasted potatoes with your family's favorite herbs and see how fast they disappear!

Prep time: 10 minutes

Cook time: 10 minutes



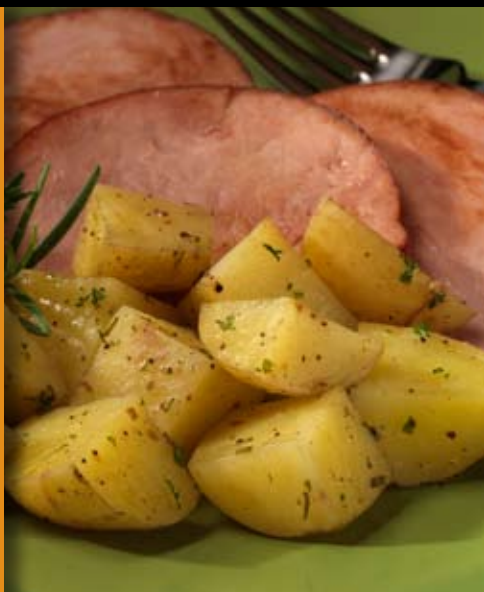
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- ▶ **4** medium russet, yellow-flesh or white potatoes or 6 to 8 small red potatoes
- Vegetable or olive oil
- Salt and black pepper
- Chopped parsley, rosemary or thyme, or other seasoning

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Cut potatoes into uniform cubes. Place in microwave-safe dish. Drizzle potatoes with oil and season with salt and pepper. Sprinkle with seasoning and toss to coat potatoes evenly.

Cover tightly with lid or plastic wrap. Microwave on high for 10 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

MICROWAVE SOUP AND POTATOES

Use your favorite soup to fill potato “bowls” for a fun and unique serving idea.

Prep time: 5 minutes

Cook time: 12 minutes



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- ▶ **3** medium russet or white potatoes
- 1** can (18 ounces) ready-to-eat soup, such as chicken mushroom, vegetable beef, chicken broccoli and cheese, or beef with mushrooms

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Cut a thin slice off the bottom of each potato so they will not roll while cooking. With a small knife, cut off the top of each potato at an angle to create a bowl and lid, like you would for a jack-o-lantern.

Chop lids into bite-size pieces. Spread on bottom of microwave-safe dish. Set potato bowls on top. Pour soup over potatoes.

Cover tightly with lid or plastic wrap. Microwave on high for 12 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 3 servings

PARMESAN POTATOES

What could be quicker—or tastier—than potatoes topped with your favorite prepared pasta sauce?

Prep time: 5 minutes

Cook time: 11 minutes



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- ▶ 2 medium russet, yellow-flesh or white potatoes
- 1 jar (14 ounces) pasta sauce
- 1 tablespoon Italian seasoning
- 3/4** cup shredded Parmesan cheese

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Cut potatoes in half lengthwise. Cut a thin slice off the bottom of each half so they will not roll while cooking.

Place potatoes in microwave-safe dish, cut side up. Mix together pasta sauce and Italian seasoning. Pour over potatoes and sprinkle with cheese.

Cover tightly with lid or plastic wrap. Microwave on high for 11 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

POTATO AND VEGETABLE STACKS

Potato stacks are a sophisticated and fun appetizer or side dish.

Prep time: 20 minutes

Cook time: 16 minutes



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- ▶ 4 medium russet, yellow flesh or white potatoes
- 2 medium portobello mushrooms
- 2 medium zucchini
- 3 Roma tomatoes
- 1 quarter of a yellow onion
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup shredded Asiago cheese
- 1/2 cup Italian dressing

Cut a shallow slice from each potato to form a flat bottom for each stack. Cut each potato lengthwise into 3 slices.

Scrape brown gills from the underside of the mushrooms with a knife and discard. Slice mushrooms, zucchini, tomatoes and onion into 1/4-inch-thick slices.

Assemble potato stacks in this order in microwave-safe dish: bottom potato slice, 2 zucchini slices (do not overlap), 3 to 4 onion slices, 3 to 4 mushroom slices, salt and pepper, 1 tablespoon cheese, 1 teaspoon Italian dressing, middle potato slice, 2 tomato slices, 2 zucchini slices, salt and pepper, 1 tablespoon cheese, 1 teaspoon Italian dressing, top potato slice. Secure each stack with 2 toothpicks. Drizzle with remaining Italian dressing.

Cover tightly with plastic wrap. Microwave on high for 16 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

POTATO LASAGNA

Give one of your family's favorite meals—lasagna—a nutritional twist by using potatoes instead of pasta sheets.

Prep time: 10 minutes

Cook time: 20 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
- Cooking spray
- 1 can (15 ounces) pizza sauce
- 1 pound 85% lean ground beef
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

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Cut potatoes into 1/4-inch-thick slices.

Spray a 1-quart microwave-safe dish with cooking spray. Spread 2 tablespoons pizza sauce in bottom of dish. Arrange half the potatoes in a single layer on top of sauce. Crumble half the beef evenly over potatoes. Season with half the salt and pepper. Sprinkle with half the mozzarella cheese and half the remaining pizza sauce.

Repeat layers with remaining potatoes, beef, salt, pepper, mozzarella cheese and pizza sauce. Sprinkle with Parmesan cheese.

Cover tightly with lid or plastic wrap. Microwave on high for 20 minutes (cooking time may vary depending on your microwave) or until potatoes and beef are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

POTATO VEGETABLE BAKE ON THE GRILL

Toss this yummy package of foil-wrapped potatoes and vegetables on the grill to enjoy with fish, meat or sausages.

Prep time: 15 minutes

Cook time: 40 minutes



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- ▶ 2 medium russet, yellow-flesh or white potatoes or 4 to 5 small red potatoes
- 4 slices bacon
- 1 medium yellow onion
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 ears corn, shucked and washed

Preheat grill. Cut potatoes in halves or quarters, depending on size.

Place a 12- by 16-inch piece of foil on work surface. Lay bacon slices side by side in middle of foil. Slice onion into 4 slices and place on top of bacon. Place potatoes on top of onion and sprinkle with Cajun seasoning, salt and pepper. Cut corn cobs in half and place on top of potatoes.

Fold up the sides of the foil into a package, sealing well. Place package on grill and cook for 40 minutes or until corn is tender. Use oven mitts to remove package from grill. Unwrap before serving.

Makes 4 servings

SALT-GRILLED POTATOES

Salt-grilled potatoes are a tasty change of pace for summer meals, and they go great with any barbecued food.

Prep time: 5 minutes

Cook time: 40 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
Iodized or kosher salt

Preheat grill. Poke several holes in each potato. Cover bottom of an aluminum loaf pan with salt. Place potatoes in pan and cover completely with salt.

Place pan on grill over medium fire and close grill lid. Cook for 40 minutes or until potatoes are done. Use oven mitts to remove pan from grill. Remove potatoes from pan and brush off excess salt.

Makes 2 servings

SANTA FE CHICKEN AND POTATO SOUP CHICKEN

This Southwestern-seasoned soup is hearty enough to be a main course.

Prep time: 10 minutes

Cook time: 15 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
- 1 chicken breast (6 to 8 ounces)
- 1 can (14 ounces) diced tomatoes and chilies
- 1 can (14 ounces) chicken broth
- 1 packet (1 1/4 ounces) taco seasoning

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Cut potatoes into 1/2-inch cubes. On separate cutting board, cut chicken into uniform cubes.

In a 1-quart microwave-safe dish, combine potatoes, chicken, tomatoes, broth and taco seasoning, mixing well.

Cover tightly with lid or plastic wrap. Microwave on high for 15 minutes (cooking time may vary depending on your microwave) or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings

SOUTHWEST POTATOES AND CHICKEN

Taco seasoning and tomatoes give potatoes and chicken a Southwestern flair.

Prep time: 10 minutes

Cook time: 12 minutes



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- ▶ 2 medium russet, white or yellow-flesh potato or 2 to 3 small red potatoes
- 1 chicken breast (6 to 8 ounces) or 5 to 6 chicken tenders
- 1 can (14 1/2 ounces) diced tomatoes
- 1 packet (1 1/4 ounces) taco seasoning
- 1 cup shredded Cheddar cheese

Cut potato in half lengthwise. Slice across into 1/4-inch-thick half moons. On separate cutting board, cut chicken into 1/2-inch strips. If using tenders, it is not necessary to cut them.

In a 1-quart microwave-safe dish, combine chicken, tomatoes and taco seasoning, mixing well. Arrange potatoes on top of chicken in a single layer. Sprinkle cheese on top.

Cover tightly with lid or plastic wrap. Microwave on high for 12 minutes (cooking time may vary depending on your microwave) or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 2 servings

TUSCAN POTATOES AND VEGETABLES

Potatoes and summer vegetables make a bright and healthy warm-weather side dish.

Prep time: 10 minutes

Cook time: 17 minutes



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- ▶ 2 medium russet, white or yellow-flesh potatoes or 3 to 4 small red potatoes
- 1 medium zucchini
- 1 medium yellow summer squash
- 1 can (14 1/2 ounces) diced tomatoes
- 1/2 cup diced yellow onion
- 1 teaspoon Italian seasoning
- 1/4 teaspoon granulated garlic
- 1/2 cup grated Parmesan cheese

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Cut potatoes, zucchini and squash into 1/2-inch cubes. Place in microwave-safe dish. Add tomatoes, onion, Italian seasoning and garlic and mix well. Sprinkle with cheese.

Cover tightly with lid or plastic wrap. Microwave on high for 17 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Let sit for two minutes. Use oven mitts or tongs to remove from microwave. Remove plastic wrap carefully to prevent burns from steam.

Makes 4 servings