



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Power of Potatoes

With all the conflicting views on carbs and starchy foods, potatoes have gotten a bad reputation. They're naturally gluten-free and can be used in a variety of ways. Their heart and immunity-boosting benefits are higher than other popular fruits and vegetables.

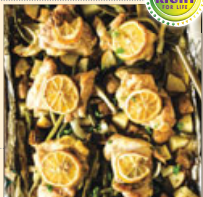
Potassium - 15% DV
Vitamin C - 30% DV
Vitamin B6 - 10% DV
Fiber
Protein

Whether you're making a side dish or all-in-one dinner, potatoes are a nutrient-rich ingredient to include.

Sheet Pan Baked Chicken and Potatoes

Ingredients:

- 4 russet Idaho® potatoes, washed and diced into 1/4" cubes
- 1/2 cup mushrooms, cleaned and stems removed
- 1 pint of fresh green beans
- 1/4 onion, sliced into 1/4-1/2" strips
- 2 garlic cloves, sliced thin
- 2-3 Tbsps. olive oil
- Salt & Pepper
- 6 chicken thighs, bone-in, skin-on
- 1/2 tsp. dried thyme
- 3 Tbsps. butter
- 1 lemon, sliced thin



Directions:

1. Line a large baking sheet with foil or prepare a large glass 9x12 baking dish. Preheat the oven to 350°F.
2. In a large bowl, toss the potatoes, mushrooms, green beans, onion, and garlic slices in 2 Tbsps. olive oil. Season with salt and pepper. Arrange the veggies in an even layer on a prepared pan.
3. Meanwhile, rub each of the thighs with olive oil and salt & pepper. Nestle the chicken thighs on the baking sheet and sprinkle with thyme. Arrange one thin slice of lemon over each of the thighs and squeeze out any remaining juice over the rest of the pan.
4. Place the pan in the preheated oven and cook for about 35-40 minutes, until the chicken is cooked through.
5. Remove the pan from the oven and allow chicken to cool for a few minutes before serving.

Recipe and photo courtesy of the Idaho Potato Commission and Kita Roberts (blogger).

Buffalo Blue Cheese Idaho® Potato Bites

Ingredients:

- 2 cups shredded russet Idaho® Potatoes (about 2 medium)
- 1 egg
- 1/4 cup buffalo sauce
- 1/4 tsp. salt
- 4 Tbsps. blue cheese crumbles



Directions:

1. Preheat the oven to 425°F and cover a baking sheet with parchment paper.
2. Place the shredded potatoes in a clean kitchen towel and squeeze to remove excess water. Place in a large bowl.
3. In a separate bowl, whisk together the egg, buffalo sauce and salt. Pour the egg mixture into the potatoes and mix well.
4. Mix in the blue cheese crumbles.
5. Using a cookie scoop, make balls from the potato mixture and place on the baking sheet.
6. Bake for 15-20 minutes, until the outsides are brown and crispy.

Recipe and photo courtesy of the Idaho Potato Commission.