



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

Dietitian's Dish

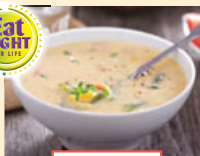
Potatoes for Performance

We need carbohydrates for everyday tasks, including mental and physical performance.

Potatoes give you the energy, along with potassium and Vitamin C to fuel these activities. Did you know potatoes have more potassium than bananas?

And potassium is a key mineral that helps regulate blood pressure, contracts the heart and other muscles, and aids with nerve function. With all their valuable nutrients, stocking up on potatoes and including them in your diet in a variety of ways is beneficial to overall health. Soups, sides, salads and skillet or sheet pan meals are great places to include potatoes!

Heart-Healthy Corn Chowder



Recipe (edited) and image courtesy of Healththecooks.com.

Ingredients:

- 1 Tbsp. olive oil
- 2 celery stalks, chopped fine
- 1 onion, chopped fine
- 2 garlic cloves, minced
- 1/4 small green bell pepper, chopped fine
- 3 cups whole kernel corn
- 2 white potatoes, cut into 1/2-inch cubes
- 2 cups reduced-sodium vegetable broth or water
- 1/4 tsp. black pepper
- 1/2 tsp. paprika
- 1 Tbsp. chopped fresh thyme
- 3 1/2 cups skim milk
- 1/4 cup all-purpose flour

Directions:

1. In a stockpot, heat oil over medium heat until hot. Add celery, onion, garlic and bell pepper and cook until the vegetables are soft, 8 to 10 minutes.
2. Add corn, potatoes, vegetable broth, black pepper, paprika and thyme. Bring to a boil; reduce heat to medium and cook, covered, about 10 minutes, or until potatoes are tender.
3. In a deep bowl, whisk 1 cup of the milk with the flour until smooth. Gradually add milk and flour mixture to soup.
4. Add remaining 2 1/2 cups milk and cook, stirring constantly, until mixture comes to a boil and thickens slightly.

Sausage and Potato Skillet

Recipe (edited) and image courtesy of HealthyFamilyProject.com.



Ingredients:

- 1 Tbsp. plus 2 tsps. olive oil, divided
- 4 white potatoes, chopped
- 1 medium sweet onion, chopped
- 1 Tbsp. Italian seasoning
- 4 Italian sausage links (plant-based or meat), sliced
- 1 large green bell pepper, chopped
- 1 Roma tomato, chopped
- 1-1/2 tsps. garlic powder
- 1/2 cup low-sodium/low-sugar pasta sauce

Directions:

1. Heat 1 Tbsp. oil in large skillet over medium heat. Add potatoes, onions and Italian seasoning. Cook for 10 minutes, or until potatoes are slightly tender.
2. Add sausage, peppers, tomatoes, garlic salt and 2 tsps. olive oil. Cook an additional 10-15 minutes, or until sausage is cooked through and vegetables are tender. Stir in pasta sauce and cook an additional 2 minutes, until sauce is heated.