

## MARCH IS POTATO MONTH

They're nutritious, packed with flavour, and come in a rainbow of colours like red, orange, gold, white and deep blue. The nugget potato is unique to British Columbia and is the first potato you will see at the Farmer's Market. Red skinned potatoes are found in July and August and are great for our summer potato salad. Yellow-fleshed Yukon Gold potatoes are a favourite as you can roast, bake, boil, mash and french-fry it! Russets found in the fall are best for baked potatoes.

- Potatoes are nutritional powerhouses: they contain more vitamin C than an orange, more fibre than an apple and more potassium than a banana... and you can find them right here in BC.
- Potatoes come in many different colours: the colourful potatoes have higher amounts of polyphenols, plant chemicals that help protect the cells in your body from stress.
- Potatoes are a good source of vitamin C that helps support our body's immune system, increases the absorption of iron and helps produce collagen (what your ears are made of!).



### NO PEELING REQUIRED

Little potatoes are meant to be eaten with the skins on which means no peeling and no peels to clean up! These skins are naturally nutritious and add even more texture to your dishes.

#### Top 'em

Top baked potatoes with crumbled bacon, black beans, cheddar cheese, chili or even guacamole!

#### Dice 'em

Dice them small and add to a hot skillet with olive oil, diced onion and salt and pepper to make your own browned skillet potatoes.

#### Mash 'em

Use Greek yogurt in place of sour cream and buttermilk for cream. Both add protein and cut fat.

#### Skewer 'em

Bake mini potatoes in the oven with oil, and your favourite seasoning. Using a small skewer dip into tomato salsa or queso.

# CHEESY MASHED POTATO BITES

## Ingredients

- 2 cups mashed potatoes
- 3 large eggs
- ½ cup shredded sharp cheddar cheese
- ½ cup broccoli
- Salt & pepper

## Directions

- Preheat the oven to 400F. Spray a muffin tin with non-stick cooking spray
- Steam the broccoli
- Combine the mashed potatoes, eggs, cheese and salt & pepper into a medium sized bowl. Gently stir in steamed broccoli.
- Scoop into 8 muffin tins for larger bites or 12 for smaller bites
- Bake at 400F for 20 minutes.

# SMASHED POTATO PIZZAS

## Ingredients

- 6 medium potatoes
- 6 tsp olive oil
- Pinch of salt
- Pepper to taste
- 6 tbsp of tomato or pizza sauce
- 1½ cups of shredded mozzarella cheese
- Fresh parsley

## Directions

- Preheat oven to 450F
- Immerse potatoes in water and boil on stove top until tender
- Place the potatoes on a greased cookie sheet lined with parchment paper
- Smash the potatoes with a bowl so they are flattened
- Drizzle with olive oil and sprinkle with salt & pepper
- Baked in the oven for 30 minutes
- Remove from the oven and cover your 'potato' pizza with a tbsp of tomato or pizza sauce and cover with shredded cheese
- Broil in oven until cheese is melted