



Market
Basket
of the month

December Recipes



Hearty Mashed Potatoes

Makes 6 servings:

1 cup serving size | 200 calories

Ingredients:

2 pounds potatoes (baking, peeled and cut in chunks)

1 15-ounce can garbanzo beans (drained)

$\frac{3}{4}$ cup nonfat milk or fortified soy milk

$\frac{1}{4}$ cup Parmesan cheese (grated)

$\frac{1}{2}$ teaspoon garlic powder

black pepper (to taste)

Directions:

1. Place peeled and cut potatoes in a large saucepan and cover them with water. Bring the saucepan to a boil over high heat, then reduce to a simmer.
2. After 10 minutes, add the garbanzo beans to the saucepan. Continue cooking until potatoes are fork tender (5-10 more minutes).
3. Drain water and place the saucepan back on the stove.
4. Add the milk, cheese, and seasonings. Then mash the beans and potatoes with a potato masher or hand beaters.
5. Reheat if necessary. Serve hot.

Source: Purdue University Extension

Potato Strips, Baked

Makes 5 servings at 1 cup each

Ingredients:

3 large potatoes

2 egg whites

1 teaspoon garlic powder

2 tablespoons grated Parmesan cheese

2 teaspoons oil

Directions:

1. Preheat oven to 375°F.
2. Wash and dry potatoes, leave the skin on.
3. Cut potatoes in half, then cut lengthwise into thin 1/4 inch strips.
4. In a bowl, combine the egg whites, garlic powder, and Parmesan cheese.
5. Pour mixture over potatoes and toss to coat.
6. Place on a baking pan coated with oil.
7. Tip: Divide onto 2 baking sheets for crispier potato strips.
8. Bake, uncovered for 35-40 minutes or until potatoes are golden brown and tender, turning several times while cooking.

Source: The University of Maine, Cooperative Extension

Healthy Eating Tips

Plan healthy meals before the week starts. Include leftovers or quick and easy meals like soup or sandwiches and salad on nights that are extra busy.

Market Basket of the Month is a WellSpan Community Health & Engagement initiative. To view monthly newsletters, go to: www.wellspan.org/marketbasket

