

BUDGET STRETCHING FOOD IDEAS

Palate-Pleasing Plates That Save Cents

(NAPSA)—Looking for meals that bank on flavor while saving cents? You can find a repertoire of recession-proof and nutritious recipes online at a new section of the Idaho Potato Commission's Web site called Watching Waistlines & Wallets: www.idahopotato.com/waistlines_wallets.

One of the key ingredients in each recipe is an Idaho® potato. An average 5.3-ounce spud has only 110 calories, contains zero fat and cholesterol and is packed with nutrients including 45 percent daily value of vitamin C, nearly twice as much potassium as a banana, fiber, protein, vitamin B6 and complex carbohydrates. At about 25 cents per potato, that's a lot of nutritional bang for your buck—and even better, your quarter.



Easy recipes featuring nutritious, delicious, filling potatoes can help you save time and money.

Twice-Baked Idaho® Potatoes with Sausage & Cheese

Servings: 8

- 8 large Idaho® potatoes, scrubbed
- 2 teaspoons olive oil (optional, for a softer-skinned potato)
- 12 ounces ground turkey sausage
- 1 cup skim milk
- 1 stick (½ cup) margarine or butter
- ½ teaspoon salt (optional)
- pinch white pepper (optional)
- ¼ cup chopped chives (optional)
- 1 8-ounce package reduced-fat, shredded cheddar cheese

Preheat oven to 425° F. Pierce potatoes with a fork several times. Rub potato skins with olive oil if a softer potato skin is desired. Bake potatoes directly on the middle oven rack for 50-

60 minutes or until they yield to gentle pressure. While the potatoes are baking, cook the turkey sausage. Drain the sausage, crumble it and set aside. While potatoes are still hot (use oven mitt to hold potato), cut them in half lengthwise. Scoop out the interior flesh of the potato into a medium-size bowl, leaving a shell about ¼-inch thick all around. Using a potato masher, mash the potato flesh. In a small saucepan over medium heat, heat milk until hot, but not boiling. Add milk to potato a little at a time, mashing it together each time. Mix in butter and mash all until smooth. Add salt, white pepper and chives, if desired, and mix together thoroughly. Stir in the shredded cheese and sausage. Turn oven to 400° F. Using a spoon, gently fill the potato shells with the potato mixture, mounding it up high. Place filled potatoes on a baking sheet, sprinkle with Parmesan cheese, if desired, and bake for 18-20 minutes or until hot.

Estimated Nutritional Analysis per Serving: 476 calories, 21 g fat, 48 g cholesterol, 738 g sodium, 18 g protein, 53 g carbohydrates

More Recipes

For more recipes, visit www.idahopotato.com/recipes.