The Versatile Instant Mashed Potato

Instant mashed potatoes are a great staple to keep on hand when out of fresh potatoes. They can be used in most recipes where it calls for regular mashed potatoes, like Shepherd’s Pie.

Here are more ways to use instant mashed potatoes:
» Use as a breading for baked chicken or fish
» Add to soups and sauces as a thickener
» Layer potatoes on top of a meat casserole
» Use as a binder in meatball and meatloaf recipes

Elaine’s Green-Mash Potatoes Serves 8

Ingredients
» 7 cups prepared instant potatoes
» ¼ teaspoon garlic powder
» 1 cup frozen or canned peas

Directions
1. Wash hands. Cook 1 cup frozen peas in microwave for about 3 minutes; drain. If using canned peas drain.
2. Puree peas and garlic powder using a blender, fork, or potato masher.
3. Blend the pureed mixture with mashed potatoes.

Nutritional Information: Calories 120, Fat 1g, Sodium 15mg, Carbohydrate 23g, Dietary Fiber 4g, Protein 8g
Source: myplate.gov

Eat More Whole Grains!

Whole grains are rich in fiber, vitamins, and minerals. Eating more whole grains like whole wheat, brown rice, oats, and whole grain corn can help prevent heart disease, cancer, and diabetes. When comparing similar grain products, look at the ingredient listing and choose those with the word “whole” as the first ingredient.

Bread-in-a-Bag Recipe Serves 12

Ingredients
» 1 cup all purpose flour
» 2 cups whole wheat flour
» 2¼ teaspoons or 1 package instant fast acting yeast
» 2 Tablespoons sugar
» 3 Tablespoons powdered milk
» 1 teaspoon salt
» 1 cup warm water
» 1 Tablespoon vegetable oil

Directions
1. Wash hands. In a large, zip-top bag, add 1 cup of all purpose flour, yeast, sugar, powdered milk, and salt. Seal the bag and shake to blend ingredients.
2. Open the bag and add the water and oil. Reseal and continue to squeeze the bag.
3. Open bag and add enough whole wheat flour to make a stiff dough (may not need all of the 2 cups). Squeeze air from bag and reseal it. Continue squeezing until bag pulls away from dough.
4. Remove dough from bag and place on lightly floured clean surface. Knead dough 5 minutes or until smooth and elastic. Cover dough with clean towel and let rest for 10 minutes.
5. Shape dough and place in a greased 8x5-inch loaf pan or on a cookie sheet. Cover with a clean towel; let rise in a warm place until double, about 1 hour.
6. Preheat oven to 400°F. Bake 30 to 35 minutes or until bread sounds hollow when tapped.
7. Remove bread from pan and cool on wire rack.

Tip: Substitute 1 cup of heated low-fat milk for powdered milk and water.

Nutritional Information per slice: Calories 130, Fat 1.5g, Sodium 200mg, Carbohydrates 25g, Dietary Fiber 3g, Protein 5g | Source: Cornell Cooperative Extension

Photo credit: Mary Lou Kiel / Penn State

extension.psu.edu/nutrition-links
Ways to Use Peanut Butter

Peanut butter is one of America’s famous healthy snacks. Did you know that peanut butter is part of the MyPlate protein group? Two tablespoons of peanut butter has 7-9 grams of protein and is low in sodium and sugar.

Store peanut butter in a cool, dry place. Do not freeze peanut butter. Look at the “Best if used by” or “Best by” date on the package. If concerned about quality call the toll-free number on the label.

Here are some great uses:
» Spread peanut butter on celery.
» Spread on whole wheat bread, crackers or bagels. Top with sliced bananas or raisins.
» Blend peanut butter into smoothies.
» Use in sauces, dips, soups and stews.

Source: fns-prod.azureedge.net/sites/default/files/fdd/110854-peanut-butter.pdf

Peanut Butter Cookies Serves 12

Ingredients
» ⅔ cup peanut butter
» ⅔ cup sugar
» 1 egg
» 1 teaspoon vanilla extract

Directions
1. Wash hands. Preheat oven to 350°F.
2. Combine all ingredients together in a large bowl and mix well.
3. Roll dough into 12 one inch balls and put on baking sheet. Flatten cookies with a fork.
4. Bake 15 minutes.

Nutrition Information: Calories 140, Fat 7g, Sodium 70mg, Dietary Fiber 1g, Sugar 12g, Protein 4g

Source: Peanut Butter Household USDA Foods Fact Sheet, 2012

Nutrition Links Thrifty Tips:
» Do not discard peanut butter that has separated with oil on top. Simply stir.
» Plan a meal using food in your cupboards, refrigerator, and freezer.
» Freeze leftover mashed potatoes in small freezer bags and add to soups and stews.

Learn more about cooking healthy on a budget! Contact Nutrition Links to see if you are eligible for free nutrition classes: scan this QR code, call 888-778-3535 or email nutritionlinks@psu.edu.