Kids Are Cooking

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In this booklet you'll find easy, great tasting, healthy recipes for you, your friends and family to prepare and enjoy. ***Remember, potatoes make the meal!***

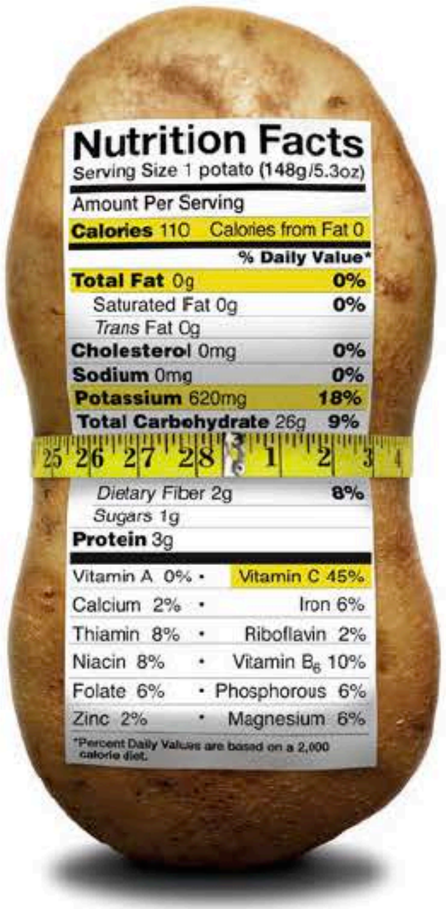
POTATOES ARE GOOD FOOD!

Not only do they taste good, but they're filled with important vitamins and minerals. Just take a look at the nutrition label to the right.

They have more potassium than a banana, the equivalent amount of protein as a half a glass of milk and 45% of your daily vitamin C needs.

POTATOES HAVE LOTS OF VERSATILITY TOO!

You can eat them baked, boiled or mashed, for breakfast, lunch or dinner. Add your favorites to them like low fat cheese or sour cream and other vegetables, like peppers, green beans, broccoli and more.



POTATO NUTRITION

Washington grows lots of different varieties of potatoes. Just look in the supermarket and you'll see big brown ones (russets), round reds or whites, long whites, round or oblong yellows, little finger-shaped ones and even purple/blue ones. ***Pick potatoes that are smooth and about the same shape and size (so they'll cook evenly).***

Steer clear of the ones with bad spots, wrinkled skins, cuts, bruises or green coloring.

Fresh potatoes like to be stored in a cool, dark place–not in the refrigerator or freezer. Each variety of potato has a best way to cook it. ***Use the chart to the right to help decide which one you'll need.***

RUSSET
Bake, Mash, French Fry, Roast

RED
Boil, Steam, Roast, Saute, Scalloped/Au Gratin, Soups, Salads

WHITE
Boil, Steam, Mash, French Fry, Roast, Au Gratin, Soups, Salads

YELLOW
Mash, Steam, Bake, Boil, Roast, French Fry

PURPLE
Boil, Steam, Bake

FINGERLINGS
Boil, Bake, Steam

PICKING THE PERFECT SPUD

Cooking is fun! Depending on your age and skills, you can fix these great recipes yourself, or with permission or guidance, team up with other family members.

HERE ARE SOME KITCHEN TIPS:

Always be sure to check with an adult before you start. They can help you gather the ingredients and help with cutting and hot items. Always get permission or assistance when using sharp knives or any electric appliances such as the oven, microwave or mixer.

Before you start, always wash your hands well with warm soapy water. Be sure the countertop and all your utensils are also clean. Scrub potatoes with a vegetable brush in the sink under cold running water. Get all the ingredients together as well as all the equipment you'll need before you start. Read through the recipe to be sure you understand it and to have everything ready for each step. Remember to use potholders, and be cautious or ask for help with hot items. Clean up the kitchen when you're done and make sure you properly store leftovers.

Cooked foods should be refrigerated right after the meal.

KIDS IN THE KITCHEN

CHEESY POTATO BAKE

Makes 24 snack-size servings or 4 to 6 main dish servings

You can start this recipe with fresh Washington potatoes (or you can save time and use refrigerated hash brown potatoes, frozen hash browns, or sliced potatoes). If you use the refrigerated or frozen potatoes, skip the microwaving, peeling and slicing. Just open the package and spread them in the baking dish. Plan on starting to prepare the recipe about 45 minutes before dinner time.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Fork
- Potholders
- Knife
- 1-quart baking dish
- Rubber spatula
- Can opener
- Timer

INGREDIENTS

- 1 pound Washington red or white potatoes (or 4 cups of frozen hash browns)
- Oil or pan coating spray
- 1 can (10¾ ounces) condensed cheddar cheese soup
- 1 slice whole wheat bread
- Chopped parsley, green onions or fresh herbs (if you wish)

CHEESY POTATO BAKE

1. Preheat the oven to 375°F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. Poke each potato several times with a fork.
4. Put the potatoes in the microwave in a circle with some space between each potato. Cook on HIGH 4 minutes.
5. Using a potholder, turn each potato over and then cook on HIGH until potatoes are tender when you squeeze them gently (using a potholder), about 2 to 3 more minutes. (Bigger potatoes will take longer to cook than smaller ones.)
6. Using a potholder, take the potatoes out of the microwave and set aside to cool until just warm.
7. Peel the potatoes, if you wish, or just leave the peels on. Slice the potatoes or cut them into bite-sized pieces.
8. Get out a 1-quart baking dish and oil or spray it with pan coating.
9. Put the sliced or cut potatoes (or the refrigerated or frozen potatoes) in the baking dish and spread them evenly.
10. Open the can of soup and spoon it over the potatoes, spreading evenly as you go. Use a rubber spatula to get every bit of soup out of the can.
11. Tear the bread into crumbs about the size of your fingertip and sprinkle the pieces over the souped-up potatoes.
12. If you wish, chop (or have an adult help) some parsley, green onions or herbs and sprinkle over the crumbs.
13. Carefully put the baking dish in the oven. Set the timer for 20 minutes.
14. Look to see if the crumbs on top are golden brown. If they aren't, set the timer for another 5 to 10 minutes.
15. Using potholders, carefully take the dish from the oven to the table and put it on a trivet or potholder. Serve, enjoy and be proud.

You're fueling your body with: 215 calories; 6 grams of protein; 7 grams of fat (27% of the total calories come from fat); 34 grams of carbohydrate; 17 milligrams of cholesterol (very little); 3 grams of fiber and 620 milligrams of sodium with each serving.

POTATO PIZZA WEDGES

Makes 24 snack-size servings or 4 to 6 main dish servings

This recipe starts with big russet potatoes. When you shop for these potatoes, weigh each one so they are all about the same weight. You'll then bake the potatoes before cutting them (with help if you need it) into wedges. The potatoes take almost an hour to bake and then another 10 minutes in the oven once you've added the pizza topping, so start about 1½ hours before you want to serve them.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Fork
- Potholders
- Cutting board
- Knife
- Spoon
- Small bowl
- Medium bowl
- Paper towels
- Baking sheet
- Pancake turner
- Timer

INGREDIENTS

- 4 Washington russet potatoes, about 8 to 10 ounces each
- ¼ cup oil or olive oil
- 1 teaspoon dried oregano leaves
- ½ teaspoon garlic powder

PIZZA TOPPINGS

- 1½ cups shredded mozzarella cheese
- ¼ cup chopped green or red pepper
- 2 tablespoons chopped green onions
- 2 tablespoons sliced ripe olives

Potato Pizza Wedges

1. Preheat the oven to 400°F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. Poke each potato several times with a fork.
4. Put each potato on the rack in the oven. Set the timer for 50 minutes.
5. Using potholders, gently squeeze a potato to see if it's tender. If not, bake for another 10 minutes.
6. Using potholders, carefully take the potatoes out and set aside until cool enough for you to handle.
7. On a cutting board, with a big sharp knife (get help if needed) cut each potato in half the long way. Then cut each half into three even wedges. You'll get six wedges from each potato.
8. Using a spoon, scoop out just the very center of the cooked white portion of the potato and save it to mash for tomorrow's dinner.
9. In a small bowl, stir together the oil, oregano and garlic powder.
10. Arrange the 24 potato wedges in rows cut-side up, peel-side down on a baking sheet.
11. Using a paper towel, brush the tops of the wedges with the oil-oregano mixture.
12. Carefully put the baking sheet of wedges into the oven and set the timer for 10 minutes.
13. While the wedges are baking, make the pizza topping. In a medium bowl, stir together the cheese, green pepper, green onions and olives.
14. Using potholders, carefully take the baking sheet of wedges out of the oven and set on the top of the stove. Sprinkle the pizza topping over the wedges.
15. Using potholders, put the baking sheet back in the oven and set the timer for 5 minutes.
16. Using potholders, carefully take the baking sheet out of the oven. Then use a pancake turner to move the wedges to a serving plate. Enjoy.

You're fueling your body with: 83 calories; 3 grams of protein; 4 grams of fat (44% of calories from fat); 9 grams of carbohydrates; 5 milligrams of cholesterol; 1 gram of fiber; 44 milligrams of sodium with each snack-size serving.

SPUD SOUP

Makes 6 servings

Soup can be a special meal, and this recipe can show you how to make it. There is some slicing and dicing so be sure to ask permission or for help. You'll be very proud to tell your family that you're the soup master! Leftover soup makes a great Saturday lunch. Start the soup about 45 minutes before your meal.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Vegetable peeler
- Knife
- Cutting board
- Measuring cups and spoons
- Can opener
- Timer
- Large saucepan
- Ladle
- Baking sheet
- Potholders

INGREDIENTS

- 2½ pounds Washington Yukon Gold or white potatoes
- 1 can (49½ ounces) chicken broth
- ½ cup sliced celery
- ½ cup chopped onion
- ¼ teaspoon dried thyme or oregano leaves
- Salt and pepper
- 1 package (10 ounces) frozen mixed vegetables
- 1 cup chopped cooked chicken, turkey or fish, or drained canned salmon or tuna

SPUD SOUP

1. Scrub the potatoes with a vegetable brush in the sink under cold running water.
2. Peel the potatoes with a vegetable peeler, although you can leave the peels on if you wish.
3. Using a big sharp knife (and with permission or help) on a cutting board, cut the potatoes in half the long way. Put the halves cut side down on the cutting board and cut each half lengthwise into four pieces. Then cut the long slices crosswise to make small (about 1 inch) pieces.
4. Get out a large saucepan or pot and put the potatoes in the pot.
5. Open the can of chicken broth and pour into the pot.
6. Add the celery, onion and thyme or oregano and sprinkle with a little salt and pepper.
7. Put the pot on the burner and turn it to HIGH. When the broth starts to boil, turn the heat down to MEDIUM LOW so the broth is just barely bubbling.
8. Cover the pot and set the timer for 30 minutes.
9. Using potholders, carefully remove the cover and poke one of the pieces of potato with a long-handled fork or a knife to be sure the potatoes are tender. If the potatoes aren't yet tender, cook another 5 minutes.
10. Open the package of frozen vegetables and carefully add them to the pot. Add the chicken and cover on the pot.
11. Set the timer so the soup will simmer for 10 more minutes.
12. Ladle out a small amount of soup into a bowl and taste. Add more salt and pepper if necessary.

You're fueling your body with: 287 calories; 17 grams of protein; 3 grams of fat (10% of calories from fat); 47 grams of carbohydrate; 19 milligrams of cholesterol; 4 grams of fiber and 921 milligrams of sodium in each serving.

TACO FRIES

Makes 6 servings

You'll need permission or assistance to use a big sharp knife to cut the potatoes into wedges. You'll need to buy big potatoes. Weigh them on the scale in the produce department to be sure you're getting the right size and that they are pretty even in size and shape. You'll need about 15 minutes for preparation and 30 minutes for the fries to cook.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Measuring spoons
- Knife
- Cutting board
- Paper towel
- Fork
- Pancake turner
- Baking sheet
- Timer
- Potholders

INGREDIENTS

- 2 Washington russet potatoes, about 10 ounces each
- 1½ teaspoons oil
- 2 tablespoons taco seasoning mix (from a packet)
- 2 tablespoons grated Parmesan cheese

TACO FRIES

1. Preheat the oven to 400°F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. Using a big sharp knife and a cutting board, cut each potato in half the long way.
4. Put the halves cut side down on the cutting board and cut each half lengthwise in half. Then cut each half into three long wedges. You will have 12 pieces.
5. Using a paper towel, brush the potato wedges with the oil.
6. Oil a baking sheet and arrange the potato wedges, skin side down, in a single layer.
7. Sprinkle wedges evenly with the taco mix seasoning, then with the Parmesan cheese.
8. Carefully put the baking sheet in the oven and set the timer for 30 minutes. Poke a potato wedge with a fork to be sure it's tender. If not, bake another 5 minutes.
9. Using potholders, carefully remove the baking sheet from the oven. Use a pancake turner to move the wedges to a serving plate.

With each serving of two wedges you're fueling your body: 105 calories; 3 grams of protein, 2 grams of fat (17% of calories from fat); 20 grams of carbohydrate; 2 milligrams of cholesterol; 2 grams of fiber and 225 milligrams of sodium.

REALLY GOOD POTATO PANCAKES

Makes 12 pancakes or 4 to 6 servings

This is a recipe for a team—you and an adult—because there's some shredding and frying involved. To skip the shredding, just buy frozen or refrigerated hash brown potatoes. You'll need about 4 cups. (You will still need to core and shred the apple.) The apple with the potato makes these crispy pancakes just a little sweet. Top pancakes with applesauce or sour cream. The pancakes will take about 30 minutes to prepare

WHAT YOU'LL NEED

Utensils

- Vegetable peeler
- Big plate
- Paper towels
- Shredder
- Large bowl
- Big spoon
- Small bowl
- Fork or a whisk
- Big non-stick skillet
- ¼ cup measure
- Pancake turner
- Tablespoon measuring spoon
- Heatproof platter
- Potholders

INGREDIENTS

- 2 pounds Washington russet potatoes
- 1 tart apple (Pink Lady or Granny Smith)
- ½ cup finely chopped onion
- 3 tablespoons flour
- 2 eggs
- Salt and pepper
- ⅓ cup oil (you'll use the oil just a few tablespoons at a time)

REALLY GOOD POTATO PANCAKES

1. Preheat the oven to 250°F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. Peel the potatoes using a vegetable peeler.
4. Cover a big plate with a double-thick layer of paper towels, stand a shredder on the paper towels and shred the potatoes and the apple. (Or have an adult shred the potatoes and apple in the food processor.)
5. Wrap the shredded potatoes in the paper towels and gently squeeze to get out any moisture.
6. Dump the potatoes and apple (not the paper towels) into a large bowl.
7. Add the onion and flour and toss with a big spoon to mix.
8. In a small bowl, using a fork or a whisk, beat the eggs with a little salt and pepper.
9. Pour the egg mixture into the potato mixture and stir with big spoon to mix.
10. Put a big non-stick skillet on the stove on MEDIUM-HIGH heat for a minute or two. Then add about 1 tablespoon of the oil.
11. Fill a ¼ cup measure with the potato mixture and then turn out into the hot skillet. Using a pancake turner, press gently to form a pancake.
12. Repeat step 11 until the pan is full. Set the timer for 5 minutes. Lift up one pancake to peek underneath to be sure the bottom is nicely browned.
13. Turn each pancake over when browned and cook the other side for 5 minutes.
14. Put the cooked pancakes on a heatproof platter and put in the oven to stay warm while you cook the remaining pancakes.
15. Cook the remaining pancakes, adding more oil to the skillet if necessary.
16. Remember to use potholders when you take the platter out of the oven.

With each serving of 3 pancakes you're fueling your body with: 325 calories; 7 grams of protein; 13 grams of fat (36% of calories from fat); 46 grams of carbohydrates; 85 milligrams of cholesterol; 140 milligrams sodium.

MICROWAVED BAKED POTATOES

You'll be shopping for russet potatoes—the big brown oblong ones—because they are the best for baking. Do one baked potato if it's just you and cook for a minute less. Remember to use potholders when you take the potato out of the microwave. And cut it open carefully—it will be hot and steamy.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Fork
- Potholders

INGREDIENTS

- 2 Washington russet potatoes, 8 ounces each

DIRECTIONS

1. Scrub the potatoes with a vegetable brush in the sink under cold running water.
2. Poke each potato several times with a fork.
3. Put the potatoes in the microwave.
4. Set on HIGH for 8 minutes.
5. Using potholders, open the door and turn the potatoes over.
6. Reset for 2 minutes.
7. Open the door and poke a potato with a fork or sharp knife to see if it is tender. If not, reset for 2 more minutes.
8. Using potholders, carefully remove the hot potatoes from the microwave.

OVEN BAKED POTATOES

You'll be shopping for russet potatoes—the big brown oblong ones—because they are the best for baking. Remember to use potholders when you take the potatoe out of the oven. And cut it open carefully – it will be hot and steamy.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Fork
- Potholders

INGREDIENTS

- 2 Washington russet potatoes, 8 ounces each

DIRECTIONS

1. Preheat oven to 400°F.
2. Scrub the potatoes with a vegetable brush in the sink under cold running water.
3. Poke each potato several times with a fork.
4. Carefully put potatoes in preheated oven.
5. Set the timer for 50 minutes.
6. Carefully open the oven door and poke a potato with a fork or sharp knife to see if it is tender. If not, reset the timer for 10 more minutes.
7. Using potholders, carefully remove potatoes.

Here's what you get from each potato: 110 calories; 4 grams of protein; 0 grams of fat; 26 grams of carbohydrates; 0 milligrams of cholesterol; 2 grams of fiber and 0 milligrams of sodium.

TWICE BAKED POTATOES

Makes 4 servings

Wow! Baked and mashed potatoes all together. Twice baked potatoes are an old-fashioned favorite. You can bake the potatoes a day in advance if you wish.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Knife
- Cutting board
- Spoon
- Medium bowl
- Masher, ricer or food mill
- Measuring spoons
- Cookie sheet
- Timer
- Potholders

INGREDIENTS

- 2 Washington russet potatoes, 8 ounces each, baked and cooled

(see recipe for Microwave or Baked Potatoes)

- 2 tablespoons butter, softened
- 2 tablespoons sour cream or milk
- 2 tablespoons chopped chives or green onions
- Salt and pepper
- ½ cup shredded cheddar cheese

TWICE BAKED POTATOES

1. Preheat oven to 400°F.
2. Using a sharp knife and on a cutting board, cut each baked potato in half the long way.
3. Using a spoon, scoop out the center of each potato half, leaving a boat of the skin and about ½ inch of the white part of the potato.
4. Put the scooped-out center portion of the potatoes into a medium bowl.
5. Mash the potatoes in the bowl with a masher (or put the cooked potatoes through a ricer or food mill into the bowl).
6. Stir in butter, sour cream, chives and a sprinkle of salt and pepper then mash again.
7. Put the potato boats on a cookie sheet, cup-side up.
8. Spoon the mashed potato mixture into each cup.
9. Sprinkle the potato mixture with the cheese.
10. Carefully put into the oven.
11. Set the timer for 15 minutes.
12. Using potholders, carefully remove the baking sheet from the oven.

Here's what you get from each potato half: 222 calories; 6 grams of protein; 12 grams of fat (48% of calories from fat); 23 grams of carbohydrates; 34 milligrams of cholesterol; 2 grams of fiber;

MASHED POTATOES

Makes 4 servings

Mashed potatoes are fun to make and great to eat. You can mash cooked potatoes with an old-fashioned masher, or you can use a ricer or food mill (handy gadgets that push the potatoes through small holes). You can also use a mixer—but be careful not to overbeat, which can make the potatoes sticky. Get help draining the potatoes after they are cooked—the water and the potatoes will be very hot! This recipe will take about 30 minutes to prepare and cook.

WHAT YOU'LL NEED

Utensils

- Vegetable brush
- Vegetable peeler
- Knife
- Cutting board
- Large saucepan
- Fork
- Colander or big strainer
- Potholders
- Mashers, ricer, food mill or mixer
- Large bowl

INGREDIENTS

- 1½ pounds Washington russet potatoes
- 3 tablespoons milk
- 1 tablespoon each mayonnaise and butter OR 2 tablespoons butter
- Salt and pepper

MASHED POTATOES

1. Scrub the potatoes with a vegetable brush in the sink under cold running water.
2. Peel the potatoes with a vegetable peeler. If you wish, leave the peels on, but use only the masher, not the ricer or food mill.
3. Using a large heavy knife on a cutting board, cut the potatoes in half lengthwise. Then cut each half into three pieces lengthwise and then four pieces crosswise.
4. Put the potato pieces in a large saucepan. Hold the saucepan under the faucet and add just enough cold water to cover the potato pieces.
5. Put the pan on a burner on the stove and set the heat to HIGH.
6. When the water boils, lower the heat to LOW, so the potatoes just barely boil. Cover.
7. Set the timer for 20 minutes.
8. Using potholders, carefully lift the lid (hot steam will come out). Poke a piece of potato with a long-handled fork or knife to see if it is tender. If not, re-cover and cook a few minutes longer.
9. Put a colander or big strainer in the sink and, using potholders, VERY CAREFULLY pour the potatoes and water in to drain the potatoes.
10. If using a ricer or food mill, work over a large bowl and push the hot potatoes through the ricer or food mill. If using a masher, put the potatoes in a large bowl and mash. Add the milk, butter, salt and pepper and stir well.
11. If using a mixer, put potatoes in a large bowl, add the milk, butter, salt and pepper and beat at LOW speed for 1 minute, then at HIGH speed for 1 minute.

Confetti Mashed Potatoes: Add ½ cup cooked peas or chopped cooked mixed vegetables (carrots, green beans, sweet red or yellow or green peppers, celery, onions or cabbage) to the mashed potatoes and stir well.

Here's what you get from each serving: 206 calories; 4 grams of protein; 6 grams of fat (26% of calories from fat); 35 grams of carbohydrates; 11 milligrams of cholesterol; 3 grams of fiber and 328 milligrams of sodium.

Potato plants grow from seed pieces–chunks of potatoes a bit bigger than an egg. In Washington there are farms that specialize in growing seed potatoes. These farmers are careful to be sure that the pieces used for planting are inspected and very clean. Potato growers then buy the pieces and plant them to create new potato plants.

The potato plants create tubers, which are a very thick and round part of the underground stem of the potato plant.

The tubers are what we eat!

Look at the drawing below and you'll see how the whole potato plant looks.

Why are potatoes sometimes called "spuds"? The name comes from an Irish word for the fork that was used to dig up potatoes.

Potatoes are an all-American vegetable.

They were first grown about 5,000 years ago, high in the Andes Mountains in Peru, South America. The Spanish explorers took them back to the Old World. Later explorers from the Old World brought potatoes back to the New World–here in the U.S.

For lots more about potatoes, here are two websites you can check out:
www.potatokids.com | www.potatoes.com

HOW POTATOES GROW

WASHINGTON

Potatoes

STATE

WASHINGTON STATE POTATOES
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