Smashed Potatoes

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<tr>
<td>6 large baking potatoes</td>
<td>6 ounces fresh spinach</td>
<td>1 cup 2% Cheddar cheese, shredded</td>
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<td>Cooking spray</td>
<td>1 tablespoon canola oil</td>
<td>½ teaspoon salt</td>
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<td>1½ cups sliced, fresh mushrooms</td>
<td>2 teaspoons Dijon mustard</td>
<td>½ teaspoon black pepper</td>
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<td>4 green onions, thinly sliced</td>
<td>¼ cup light sour cream</td>
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Preheat oven to 400 degrees F. Wash and dry potatoes. Spray the skins with cooking spray and pierce potatoes in several places with a fork. Place on a 13- by-18-inch baking sheet. Bake until tender, about 1 hour. Wash mushrooms, green onions and spinach. Heat oil in a skillet over medium-high heat. Add mushrooms and sauté for 6 minutes. Add the green onions and fresh spinach, sauté for 1 minute. Slice off the top inch of each potato, leaving a ¼ inch border around the edge. Scoop out the flesh into a mixing bowl and mash. Add mushroom mixture, Dijon mustard, sour cream and ½ cup cheese. Mix well and season with salt and pepper. Scoop mixture into potato shells and sprinkle with the remaining cheese. Return the potatoes to the baking sheet and bake until heated through and golden brown on top, about 20-25 minutes.

Yield: 6 servings

Nutritional Analysis: 410 calories, 9 g fat, 4.5 g saturated fat, 20 mg cholesterol, 400 mg sodium, 70 g carbohydrate, 9 g fiber, 4 g sugars, 15 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky Potatoes

SEASON: Late June-October

NUTRITION FACTS: Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

SELECTION: Select firm potatoes free from wrinkles, green spots or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying and mashing choose drier varieties such as russet or Yukon Gold.

STORAGE: Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

KENTUCKY POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

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