



Potatoes, Dehydrated Flakes

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of prepared potato flakes counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Starchy vegetables like potatoes contain carbohydrates which give you energy. Potatoes are also high in potassium which may help to maintain healthy blood pressure.

Uses and Tips

- Dehydrated potato flakes are terrific for making mashed potatoes in minutes when you are short on time.
- Dehydrated potato flakes are also handy for other uses in the kitchen. Use them as an ingredient in meatloaf or meatballs, as breading for chicken and fish, or as a thickener for soups and stews.

Storing Foods at Home

- Store unopened packages of dehydrated potato flakes in a cool, clean, dry place.
- After opening potato flakes, keep package tightly closed.
- Once prepared, store any leftover potatoes in the refrigerator in a sealed container.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Creamy Broccoli and Potato Soup

Makes 4 servings

Ingredients:

- 1 head of broccoli, chopped (about 4 cups)
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk, nonfat
- 1 cup dehydrated potato flakes
- salt and pepper, to taste
- ¼ cup cheese, shredded

Directions: Wash hands with soap and water.

1. Combine broccoli, onion, and broth in large saucepan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potato flakes. Cook, stirring constantly, until bubbly and thickened. Stir in a little more milk or water if soup becomes too thick.
4. Adjust the seasoning as needed.
5. Serve in bowls with 1 tablespoon cheese sprinkled on each serving.

Recipe adapted from University of Maryland Extension

Crispy Baked Chicken

Makes 5 servings

Ingredients:

- non-stick cooking spray
- ⅔ cup dehydrated potato flakes
- ⅓ cup Parmesan cheese, grated
- 1 teaspoon garlic salt
- 3½ pounds chickens, cut into 1-inch cubes
- ⅔ cup butter, melted

Directions: Wash hands with soap and water.

1. Preheat oven to 375 degrees F.
2. Line a 9x13-inch baking pan with foil. Spray with cooking spray.
3. In a medium bowl, combine potato flakes, Parmesan cheese, and garlic salt. Mix well.
4. Dip chicken pieces into butter and then roll them in potato flake mixture to coat.
5. Place in pan and bake for 45-60 minutes or until chicken is tender and golden brown.

Recipe adapted from Neighbors, Inc.