



***Convenientized* Potato Recipes**

The US potato growers are excited to bring you information, recipes and innovative cooking techniques for fresh potatoes. These recipes will help you prepare one-dish meals and side dishes using America's favorite vegetable: Potatoes!

Most recipes are for the microwave and a few for the stove-top and outdoor grill. All are designed to “convenientize” potatoes to fit today’s busy lifestyles!

Southwest Potatoes & Chicken



Potatoes, washed
1 Medium Russet or Yukon Gold Potato
or 2 - 3 Red Potatoes
1 can (14 1/2 oz) Diced Tomatoes
1 (6-8 oz) Chicken Breast or 5-6 Chicken Tenders
1/2 cup Shredded Cheddar Cheese
1 (1 1/4 oz) Packet Taco Seasoning
1 Quart Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife, Can Opener



Step 1

Cut potatoes in half lengthwise and then slice into thin 1/4-inch thick half moons.



Step 4

Layer sliced potatoes on top of chicken mixture in a single layer, leaving the middle empty for venting. Top with cheese.



Step 2

Using clean, separate cutting board, cut chicken into 1/2" strips. If using chicken tenders, no slicing is needed. Use whole pieces.



Step 5

Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 12 minutes*** or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.



Step 3

Open can of diced tomatoes and package of taco seasoning. Combine with chicken in microwave safe dish so the chicken, tomatoes and taco seasoning are well distributed.

* Cooking times may vary depending on your particular microwave.

French Onion Chicken & Potatoes



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 4 - 5 Red Potatoes
2 (6-8 oz each) Chicken Breasts
or 8-10 Chicken Tenders
1 packet Dry Onion Soup Mix
1 cup Water
4 slices Swiss Cheese
1 cup Canned Fried Onions
1 Quart Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife



Step 1

Cut potatoes in half lengthwise and then slice into thin 1/4-inch thick half moons.



Step 2

Using a separate clean cutting board, cut chicken into 1/2" strips. If using chicken tenders, no slicing is needed. Use whole pieces.



Step 3

Combine onion soup mix, water and chicken in microwave safe dish. Stir until combined.



Step 4

Top with single layer of potatoes, leaving center empty for venting. Top with sliced Swiss cheese.



Step 5

Tightly cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 12 minutes*** or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave. Garnish with fried onions and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.

* Cooking times may vary depending on your particular microwave.

Chicken Pot Pie



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 3 - 4 Red Potatoes
1 (6-8 oz) Chicken Breast
1 cup Frozen Vegetable Blend
1 can (10 3/4 oz) Cream of Chicken Soup
1 Refrigerated Pie Dough
1 Egg
1 Quart Microwave Safe Dish
Cutting Board, Knife, Can Opener



Step 1

Cut potatoes in half lengthwise and then slice into thin 1/4-inch thick half moons.



Step 2

Using clean, separate cutting board, cut chicken into small, uniform cubes.



Step 3

In microwave safe dish, combine cream of chicken soup, frozen vegetables, potatoes and chicken. Fill soup can with water and add to mixture. Stir to combine.



Step 4

Top mixture with refrigerated pie dough. Crack egg into small cup and stir until combined. Brush top of dough with egg.



Step 5

Place in microwave. Microwave on **HIGH for 20 minutes*** or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve.

* Cooking times may vary depending on your particular microwave.

Santa Fe Chicken & Potato Soup



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 4 - 5 Red Potatoes
1 can (14 oz) Mild Diced Tomatoes & Chilies
1 can (14 oz) Chicken Broth
1 (6-8 oz) Chicken Breast
1 (1 1/4 oz) Packet Taco Seasoning
1 Quart Microwave Safe Dish
Cutting Board, Knife, Can Opener



Step 1

Cut potatoes into uniform 1/2-inch x 1/2-inch x 1/2-inch cubes. Place in microwave safe dish.



Step 2

Using a separate clean cutting board, cut chicken into uniform medium size cubes. Combine with potatoes.



Step 3

Open taco seasoning and sprinkle over chicken and potatoes. Add diced tomatoes & chilies and chicken broth. Stir to combine.



Step 4

Tightly cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 15 minutes*** or until potatoes and chicken are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.

* Cooking times may vary depending on your particular microwave.

Beef Stroganoff



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 3 - 4 Red Potatoes
3/4 pound Ground Beef (85/15 Lean/Fat Ratio)
1 can (10 3/4 oz) Cream of Mushroom Soup
1 can (4 oz) Mushroom Stems & Pieces (drained)
2 tbsp Dijon Mustard
1/2 cup Water
1 tsp Salt
Pinch Ground Black Pepper
1 Quart Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife, Bowl



Step 1

Cut potatoes in half lengthwise and then slice into thin 1/4-inch thick half moons.



Step 2

In a microwave safe dish, crumble ground beef and season with salt and pepper. Add soup, water, mustard, mushrooms and potatoes. Stir until combined.



Step 3

Tightly cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 20 minutes*** or until potatoes and beef are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.

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Beef Tamale Casserole



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 3 - 4 Red Potatoes
4 Fresh Yellow Corn Tortillas
3/4 pound Ground Beef (85/15 Lean/Fat Ratio)
1 cup Shredded Cheddar Cheese
1 can (14 1/2 oz) Diced Tomatoes in Juice
1 (1 1/4 oz) Packet Taco Seasoning
1/2 cup Water
1 Quart Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife, Can Opener



Step 1

Stack tortillas and cut crosswise in half.



Step 2

Cut potatoes in half lengthwise and then slice into thin 1/4-inch thick half moons.



Step 3

In a medium mixing bowl, combine diced tomatoes, taco seasoning (reserve 2 tsp for later step) and 1/2 cup water.



Step 4

Spread 2 tbsp tomato mixture in bottom of microwave safe dish. Cover with 4 tortilla halves.



Step 5

Crumble beef on top of tortillas and season with reserved taco seasoning. Sprinkle half of cheese over beef. Add half of remaining tomato mixture. Top with sliced potatoes, spread evenly in a single layer.



Step 6

Place remaining tortillas in dish. Cover with remaining tomato mixture and cheese.

Step 7

Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 20 minutes*** or until potatoes and beef are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic

* Cooking times may vary depending on your particular microwave.
Wrap from dish.

Potato Lasagna



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 3 - 4 Red Potatoes
1 can (15 oz) Pizza Sauce
1 pound Ground Beef (85/15 Lean/Fat Ratio)
1 1/2 cups Shredded Mozzarella Cheese
1/4 cup Grated Parmesan Cheese
1/2 tsp each Salt and Pepper
1 Quart Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife, Can Opener
Non Stick Cooking Spray



Step 1

Cut potatoes into 1/4" thick slices.



Step 3

Place a single layer of potatoes in bottom of dish. Crumble half of the ground beef onto potato layer and season with half of the salt and pepper. Top with half of mozzarella cheese and half of remaining pasta sauce. Add another layer of potatoes and top with remaining ground beef, salt, pepper, mozzarella and pasta sauce. Cover with parmesan cheese.



Step 2

Spray microwave safe dish with non stick cooking spray. Spread two tablespoons of pizza sauce in bottom of dish.

Step 4

Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 20 minutes*** or until potatoes and beef are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.



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Meatloaf Stuffed Microwave Potato



Potatoes, washed
4 Medium Russet Potatoes
3/4 - 1 pound Raw Meat
Use your favorite Meatloaf Recipe
or Bulk Sausage
Microwave Safe Plate
Knife, Spoon



Step 1

Cut a thin slice off of the bottom of each potato so the potato will not roll while cooking. Then cut potatoes in half lengthwise.



Step 2

Using a spoon, scoop out the center of the potato, leaving about 1/2" thickness.



Step 3

Fill each potato half with meatloaf or sausage, leveling the meat with the top of potato half.



Step 4

Put potato halves back together, pressing firmly. Wipe away any excess meat that may squeeze through the seam.

Step 5

Place potatoes on microwave safe plate and microwave on **HIGH for 9 minutes*** or until potatoes are done and meat filling has reached 160°F. Use oven mitts to carefully remove from microwave and serve.

* Cooking times may vary depending on your particular microwave.

Microwave Soup & Potatoes



Potatoes, washed
3 Medium Russet Potatoes

18 oz Can of Ready-to-Eat Soup
Chicken Mushroom Chowder, Vegetable Beef,
Chicken Broccoli Cheese, Beef with Mushrooms
or any other flavor you choose

Microwave Safe Dish (with lid or plastic wrap)
Knife



Step 1

Slice a thin slice off of the bottom of the potato so the potato will not roll around in dish.



Step 2

With the knife at an angle, cut the top off of the potato to create a bowl (similar to carving the lid off of a Jack-O-Lantern). Remove the potato lid and set potato bowl and lid aside.



Step 3

Chop up potato lids into bite sized pieces. Layer on the bottom of the dish. Set potato bowl on top of potato pieces.



Step 4

Open can of soup and pour over potatoes in dish. Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 12 minutes*** or until potatoes are done. Use oven mitts to carefully remove from microwave and serve.



CAUTION: Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish. ~~Cooking times may vary depending on your particular microwave.~~

Potato Parmesan



Potatoes, washed
2 Medium Russet, Yukon Gold or White Potatoes
1 tbsp Italian Seasoning
1 jar (14 oz) Pasta Sauce
3/4 cup Shredded Parmesan Cheese
Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife



Step 1

Cut potatoes in half lengthwise. Cut a small slice on the bottom of each half to keep the potato from rolling in the dish. Place potatoes in a microwave safe dish with the cut side up.



Step 3

Top with shredded parmesan cheese.



Step 4

Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 11 minutes*** or until potatoes are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.



Step 2

Combine pasta sauce and Italian seasoning. Stir until combined and then pour on top of potatoes.

* Cooking times may vary depending on your particular microwave.

Tuscan Potatoes & Vegetables



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 3 - 4 Red Potatoes
1 medium Zucchini
1 medium Yellow Squash
1 can (14 1/2 oz) Diced Tomatoes
1 tsp Italian Seasoning
1/2 cup Yellow Onion
1/4 tsp Granulated Garlic
1/2 cup Grated Parmesan Cheese
Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife, Can Opener, Bowl



Step 1

Cut potatoes, zucchini and yellow squash into uniform 1/2-inch x 1/2-inch x 1/2-inch cubes.



Step 2

Combine all ingredients in microwave safe dish and stir until combined. Top with grated Parmesan cheese.



Step 3

Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 17 minutes*** or until potatoes are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.

* Cooking times may vary depending on your particular microwave.

Creamy Potato & Vegetable Casserole



Potatoes, washed
1 Medium Russet or Yukon Gold Potato
or 4 Red Potatoes
1 cup Broccoli Florets
3/4 cup Shredded Cheddar Cheese
1 can (10 3/4 oz) Cream of Celery Soup
1 1/2 tsp Cajun Seasoning
1/2 cup Milk
1 can (14 oz) Mild Diced Tomatoes & Chilies
Microwave Safe Dish (with lid or plastic wrap)
Cutting Board, Knife, Can Opener, Bowl



Step 1

Cut potatoes into uniform 1/2-inch x 1/2-inch x 1/2-inch cubes. Place in microwave safe dish with broccoli florets.



Step 2

In a bowl, combine cream of celery soup, milk, Cajun seasoning and diced tomatoes & chilies. Stir until combined and pour over potatoes and broccoli. Top with cheddar cheese.



Step 3

Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 20 minutes*** or until potatoes are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve. **CAUTION:** Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish. * **Cooking times may vary depending on your particular microwave.**

Potato & Vegetable Stack



Potatoes, washed
4 Medium Russet, Yukon Gold or White Potatoes
2 medium Portabella Mushroom, washed in cold water
2 medium Zucchini, washed in cold water
1/4 Yellow Onion, peeled
1/2 cup Shredded Asiago Cheese
1/2 tsp Salt
1/4 tsp Ground Black Pepper
2-3 Roma Tomatoes
1/2 cup Italian Salad Dressing
8 sturdy Toothpicks
Microwave Safe Dish (plastic wrap)
Cutting Board, Knife



Step 1

Cut a shallow slice on each potato to form a flat bottom for potato stack. Cut potatoes lengthwise into 3 pieces each.



Step 3

Assemble each potato in this order: potato (with flat base from Step 1), 2 zucchini slices (do not overlap), 3 - 4 onion slices, 3 - 4 mushroom slices, salt and pepper, Asiago cheese, 1 tsp Italian dressing, potato slice, 2 tomato slices, zucchini slices, salt and pepper, Asiago cheese, 1 tsp Italian dressing, potato lid, remaining Italian dressing.



Step 2

Scrape brown gills from the underside of the mushroom cap with knife in a side to side motion. Discard. Slice zucchini, yellow onion, tomato and mushroom in 1/4" slices.



Step 4

Secure each stack with 2 toothpicks. Cover with plastic wrap and place in microwave. Microwave on **HIGH for 16 minutes*** or until potatoes are done. Let sit for two minutes. Use oven mitts to carefully remove from microwave and serve.



CAUTION: Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.
* Cooking times may vary depending on your particular microwave.

Microwave Au Gratin Potatoes



Potatoes, washed
4 Medium Russet or Red Potatoes
1 cup Shredded Cheese
1/2 cup Milk
Salt and Pepper
Microwave Safe Dish (plastic wrap)
Cutting Board, Knife



Step 1

Slice potatoes into thin slices (approximately 1/8" thick).



Step 2

Pour enough milk into the microwave safe dish to just cover the bottom.



Step 3

Lay potato slices on bottom of dish, covering bottom. Sprinkle with salt and pepper. Top with shredded cheese.



Step 4

Repeat layering of ingredients until all potatoes have been added to the dish. When final layer of potatoes have been added and seasoned, pour remaining milk over ingredients before adding the last of the cheese.

Step 5

Cover and microwave on **HIGH for 10 minutes*** or until potatoes are done. Use oven mitts to carefully remove from microwave and serve.

CAUTION: Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.

* Cooking times may vary depending on your particular microwave.

Microwave Mashed Potatoes



Potatoes, washed and peeled or unpeeled
4 Medium Russet, Yukon Gold or White Potatoes
or 6 - 8 Red Potatoes

Seasonings
Milk, Butter, Salt, Pepper

Microwave Safe Dish (with lid or plastic wrap)
Medium Sized Bowl
Potato Masher



Step 1

Place the whole potatoes into microwave safe dish. Cover dish. (If covering the dish with plastic wrap, poke a small hole in the plastic.)

Step 2

Place potatoes in microwave. Microwave on **HIGH for 8 minutes*** or until potatoes are done. Use oven mitts to carefully remove dish from microwave.

CAUTION: Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.



Step 3

Pour contents into bowl and use a potato masher to mash potatoes. Add milk, butter, salt and pepper. Use potato masher to continue mashing potatoes until reaching the desired consistency. Serve.

* Cooking times may vary depending on your particular microwave.

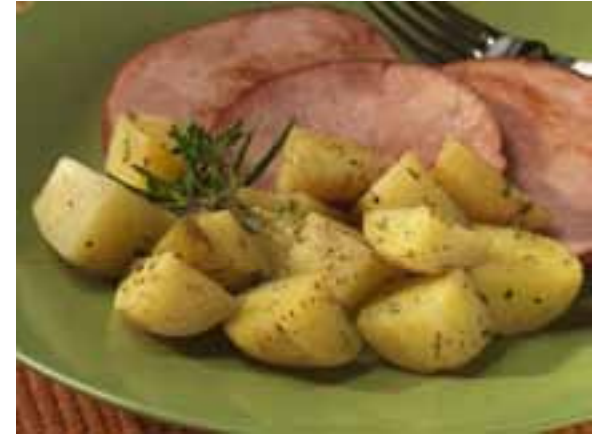
Seasoned Microwave Roasted-Style Potatoes



Potatoes, washed
4 Medium Russet, Yukon Gold or White Potatoes
or 6 - 8 Red Potatoes

Seasonings of Choice
Suggestions: salt, pepper, parsley, rosemary,
thyme or any other seasonings that you enjoy

Oil
Microwave Safe Dish (plastic wrap)
Cutting Board, Knife



Step 1

Cut potatoes into uniform size cubes. Place into microwave safe dish.



Step 2

Drizzle a small amount of oil over potatoes. Sprinkle with seasonings. Toss evenly to disperse oil and seasonings.



Step 3

Cover with lid or plastic wrap and place in microwave. Microwave on **HIGH for 10 minutes*** or until potatoes are done. Use oven mitts to carefully remove from microwave and serve.

CAUTION: Due to steam build-up, use oven mitts or tongs to remove plastic wrap from dish.

* Cooking times may vary depending on your particular microwave.

Red Potato Skewers on the Grill



Potatoes, washed
2 Medium Russet or Yukon Gold Potatoes
or 6 Red Potatoes
2 medium Zucchini
1/2 cup Italian Dressing
1/2 of Smoked Sausage Rope
4 12" Skewers
Grill
Cutting Board, Knife



Step 1

Preheat grill. Cut potatoes in half. Cut zucchini and sausage the same width as potatoes.



Step 3

Place skewer in dish and pour Italian dressing over skewers. Marinate in dressing for 5 minutes.



Step 2

Place skewer through potato, zucchini and sausage. Repeat 3 times each skewer.



Step 4

Place skewers on grill and cook **5 minutes** each side, or until potatoes are done. Remove from grill and serve.

Potato Vegetable Bake on the Grill



Potatoes, washed
2 Medium Russet, Yukon Gold or White Potatoes
or 4 - 5 Baby Red Potatoes
4 slices Bacon, raw
1 medium Yellow Onion, peeled
2 ears Fresh Corn on the Cob, shucked & washed
1/2 tsp Salt
1/4 tsp Ground Black Pepper
1 tsp Cajun Seasoning
12" x 16" Sheet Aluminum Foil
Grill
Cutting Board, Knife



Step 1

Place foil shiny side up on counter. Lay bacon strips side by side in middle of foil.



Step 4

Cut corn cobs in half and place on top of potatoes.



Step 2

Slice onion into 4 equal slices and place on top of bacon.



Step 5

Fold foil pack and place on grill. Cook on covered grill for **40 minutes** or until corn is tender.



Step 3

Place diced potatoes on top of onion and season with salt, pepper and Cajun seasoning.