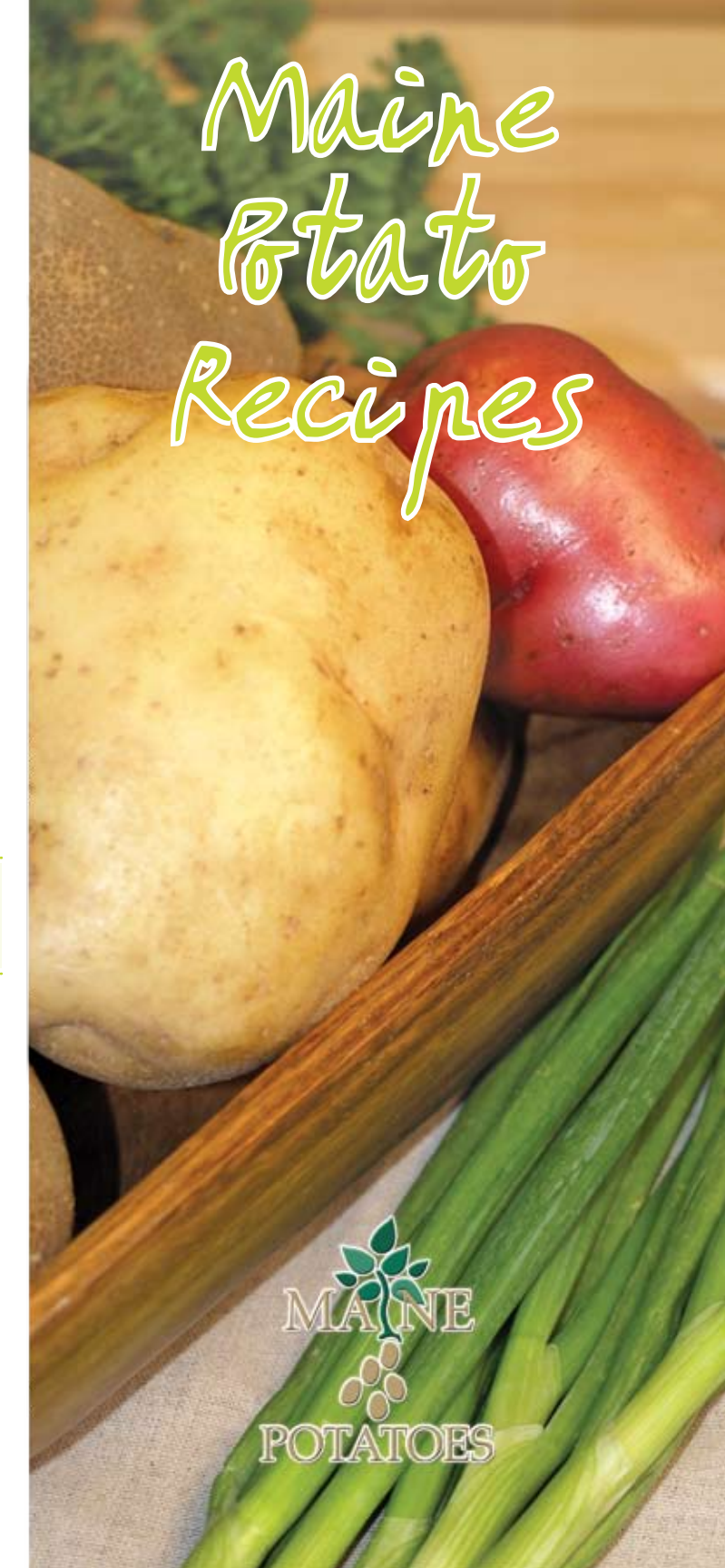


Maine Potato Recipes



Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 620mg	18%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 6%
Thiamin 8%	Riboflavin 2%
Niacin 8%	Vitamin B ₆ 10%
Folate 6%	Phosphorous 6%
Zinc 2%	Magnesium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Look for Maine Potatoes in your grocery store. Ask the produce manager.



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Maine Potato Blueberry Muffins Serves 12

- | | |
|---------------------------------|------------------------------------|
| 1/2 C Maine Potatoes, mashed | 2 1/2 t baking powder |
| 1/2 C & 2T milk | 1/2 t salt |
| 1 egg | 1/2 t cinnamon |
| 1/4 C olive oil (vegetable oil) | 1 C blueberries |
| 1 3/4 C flour | (cranberries, diced apples |
| 1/2 C sugar | or raspberries may be substituted) |



Mix mashed potatoes with milk. Add egg and oil and beat. Combine the flour, sugar, baking powder and salt in another bowl. Add dry ingredients to the wet ingredients being careful not to over-mix. Batter will be lumpy. Gently fold fruit into the batter. Spray muffin cups with non-stick spray or line the muffin papers. Fill muffin cups 3/4 full and sprinkle with cinnamon and sugar. Bake at 400 for 12-15 minutes.

Nutrient Analysis Per Serving:

Calories: 167	Carbohydrates: 26.5 g	Fat: 5.6 g
Fiber: 1 g	Cholesterol: 18.5 mg	Protein: 3.0 g
Sodium: 225.1 mg	Potassium: n/a	Vitamin C: 4%

Naples Need'ums *(Karen Caltruch)* Serves 12

- | | |
|------------------------------|--------------------------------------|
| 3/4 C Maine Potatoes, mashed | 4 lbs. confectioners sugar |
| 1 lb. coconut, shredded | 1 pkg. chocolate bits (12 oz) |
| 1 t vanilla extract | 3 sqrs. semi-sweet baker's chocolate |
| 2 sticks margarine, melted | 1/2 sq. paraffin wax (for cooking) |

In a large bowl, mix first five ingredients together until well blended. Pour mixture into a large, lightly greased pan and refrigerate for at least 2 hours (better to refrigerate overnight). Cut mixture into 2-inch squares when sufficiently cooled. In a medium saucepan, melt chocolate bits, squares and wax together, stirring constantly. Dip potato-coconut squares into a chocolate, completely coating, and set them aside on waxed paper. When all squares are done, refrigerate them again until chocolate has hardened. Store in a cool area.

Nutrient Analysis Per Serving:

Calories: 931	Carbohydrates: 163.2 g	Fat: 33.4 g
Fiber: 4.2 g	Cholesterol: 0.6 mg	Protein: 2 g
Sodium: 217.1 mg	Potassium: n/a	Vitamin C: 6%

Old Fashioned Potato Doughnuts Serves 36

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|-------------------|---------------------------------|
| 1 C buttermilk | 1 C mashed Maine Potatoes, warm |
| 2 T vinegar | 1 t baking soda |
| 3 eggs | 1 t nutmeg |
| 1 3/4 C sugar | 1/4 t ginger |
| 1 t vanilla | 2 t baking powder |
| 2 T melted butter | 4 C flour |



Combine buttermilk, vinegar, eggs, sugar, vanilla, melted butter and warm mashed potatoes. In another bowl combine baking soda, nutmeg, ginger, baking powder and flour. Combine dry ingredients with egg and buttermilk mixture and mix to form a dough. Knead on a floured board. Roll out to 1/2 - 1 inch thickness and cut with a doughnut cutter. Melt shortening in a deep pan to 325 degrees. Fry a few doughnuts at a time in the hot shortening until golden, turning once. Drain upright on paper toweling.

Nutrient Analysis Per Serving:

Calories: 257	Carbohydrates: 22.0 g	Fat: 17.5 g
Fiber: 0.5 g	Cholesterol: 19.6 mg	Protein: 2.3 g
Sodium: 90.6 mg	Potassium: n/a	Vitamin C: 3%

Samoset Resort Lobster-Corn Chowder Serves 6

- 5 medium Maine round white potatoes, peeled & cubed
 2 1 1/4 lb. Maine Lobsters
 1 C butter
 1 onion, peeled and diced
 1 C Celery, diced
 1/2 C all purpose flour
 1 qt clam juice
 1/2 C parsley, chopped
 8 oz. can whole kernel corn, drained
 8 oz. can cream style corn
 1 qt. Half n' Half



Dunk lobsters, head first, into 3 quarts of boiling water for 2 minutes. Remove lobsters and crack claws and remove tail. Reserve any juices, tamale, etc. Add potatoes to the boiling water and boil until tender. Meanwhile, pick meat from shell and sauté in a buttered skillet. Let cool, and dice. Set lobster aside with the reserved juices. Add onions and celery to skillet and sauté until tender. Add flour to make a paste and cook on low for 5 minutes, stirring constantly to avoid browning, and add clam juice, lobster juices, seasonings and parsley and simmer an additional five minutes. Remove from heat. Add cooked potatoes, corn, lobster, and half n' half. Return to stove and heat through on low heat.

Nutrient Analysis Per Serving:

Calories: 902	Carbohydrates: 60 g	Fat: 52.9 g
Fiber: 4.7 g	Cholesterol: 321.7 mg	Protein: 49.5 g
Sodium: 1430.1 mg	Potassium: n/a	Vitamin C: 42%

Windows on the Water Lobster Stuffed Potato Serves 4

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|--|--------------------------------|
| 4 large Maine round white potatoes, scrubbed | 1/3 C heavy cream |
| 1 small yellow onion, finely minced | 1/3 C Jarlsberg cheese, grated |
| 1 lb. lobster meat, fresh cooked | 1/2 t butter |
| 1 C dry white wine | 1 scallion, diced |
| 1/4 C sour cream | Salt & pepper to taste |

Lightly coat the skin of the potatoes with a small amount of 100% pure virgin olive oil and bake in a 375 F oven for about an hour. Let them cool until easily handled. Cut them in half and scoop out the pulp into a medium mixing bowl. Melt the butter in a sauté pan and add onion with a dash of salt and pepper. Sauté until onion is translucent. Stir in lobster meat and wine and bring to a boil, stirring frequently until the liquid is boiled away. Add sour cream and heavy cream and remove the heat. Combine pulp, lobster mixture, Jarlsberg cheese and scallion. Mix well. Stuff the potato skins with equal parts of the filling. Bake at 400 F until hot.

Nutrient Analysis Per Serving:

Calories: 491	Carbohydrates: 44.2 g	Fat: 15.7 g
Fiber: 4.3 g	Cholesterol: 126.4 mg	Protein: 33.1 g
Sodium: 696.5 mg	Potassium: n/a	Vitamin C: 32%

Maine Potatoes are Good For You

Maine Potatoes...

- contain many nutrients without too many calories.
- give us a wide variety of important nutrients: complex carbohydrates, Vitamin C & B6, minerals, & trace elements.
- contain low sodium and high potassium.
- can add to the total fiber intake.
- contain small amounts of protein. They are a good inexpensive source of protein compared to other vegetables.
- are a good source of iron even though few foods contain large amounts of iron. The iron in all foods is not easily used by the body, but the iron in potatoes is highly usable by the body.
- are fat-free.

Why do we think that potatoes are fatty?

The potato is really 80% water. It is our choice of toppings that often add to the calories and fat. Just one tablespoon of butter will double the number of calories in a baked potato. There are many delicious low or no calorie ways to top a potato, here are just a few: Toasted sesame seeds; whipped margarine and poppy seeds; a spoonful of stewed tomatoes and a bit of grated low fat cheese; melted margarine thinned with lemon juice; a mix of dried herbs: parsley, chives, basil dill; chives in nonfat yogurt; salsa of any kind.

When buying

- | | |
|--|---|
| Pick Maine potatoes that: | Do not pick potatoes that: |
| <ul style="list-style-type: none"> • are clean • are firm • are smooth • are same size | <ul style="list-style-type: none"> • are wrinkled • have wilted skins • have soft or dark areas • are green |

Look for Maine potatoes!

They are:

- Uniform in size
- Sprout free
- Under stricter standards than US No. 1 grade
- Strictly enforced by the Maine Department of Agriculture
- Federally & State inspected

Storage

Store potatoes in a place that is:

- Cool (45-50° F)
- Humid (not wet)
- Open so air can get in
- Dark
- Do not refrigerate potatoes. This makes them taste sweet. When stored right, potatoes will keep well for 3-4 weeks.

A pound of potatoes is...

- about 3 medium potatoes
- 3 cups peeled and sliced
- 2 ¼ cups peeled and diced
- 2 cups mashed
- 2 cups french fries



HEALTHY POTATO

How to prepare and cook potatoes

Wash and scrub with a brush. Usually potatoes do not need to be peeled before cooking; (Peeled potatoes turn dark when left in the air. To keep them white, toss them with ascorbic acid or a little lemon juice.) If the potato has sprouts, break off sprouts and cut off the peeling.

To save nutrients:

- Cook with skins on or peel just before cooking.
- Cook whole
- Do not soak in water before cooking

Unless otherwise specified, the following cooking techniques are for one scrubbed, 6 to 8 ounce potato.

Baked

Not all "bakers" have to be russets. Some round whites make great baked potatoes.

Microwave Oven: Poke potato with fork. Place in microwave oven on rack or paper towel. Microwave on HIGH power 4-6 minutes, turning once halfway through cooking time. Remove from oven, wrap in clean dish towel and let stand for 2 min. baking time will vary depending on size, shape and kind of potato, and microwave oven. To microwave more than one potato, increase cooking time by 2-3 min. for each extra potato, turning once halfway through cooking time.

Conventional Oven: Poke potato in 2 or 3 places with a fork to let steam out. Place potato on oven rack or cookie sheet and bake 45-60 min. at 400°F. (Extra potatoes will not change the baking time.) Potato is ready to eat when it feels soft when squeezed with mitted hand.

Boiled

Stove Top: In a heavy saucepan with tight-fitting lid, cook potatoes in about 1 inch of boiling water until fork-tender. Cook whole, 30-40 min.; cut up 20-25 min. (If lid does not fit tightly, water may boil away. Check pan and add more water if needed).

To micro-boil: 1-1 ½ lbs. cut up potatoes, place potatoes in microwave dish. Add ¼ cup water and cover. Vent to keep from boiling over. Microwave on HIGH power 8-12 min., or until tender, stirring once. Let stand 2 min.

Microwave Oven: Scrub, peel and cube potato. Place in microwave dish. Add 1 T water and cover. Microwave on HIGH power 5-7 min. Let stand 2 min.

Hash Browns

Peel potatoes if desired; grate coarsely. Add potatoes to a well-oiled skillet. Cook over medium-high heat until bottom is brown. Turn carefully. Brown other side, season with pepper.

Mashed

Stove top: Prepare boiled potatoes; drain. Using a potato masher, electric mixer or ricer, mash potatoes. Mix in milk, salt and pepper, and butter, to taste. Beat until potatoes are light and fluffy. If thinner consistency is desired, gradually add more milk.

Microwave Oven: Prepare micro-boiled potatoes; drain and mash. Mix in milk, salt and pepper, and butter to taste. Beat until potatoes are light and fluffy.

Grilled Scallops with Warm Potato & Bacon Salad

Serves 4

1 1/2 qts. vegetable broth or water	1 T sherry vinegar
4 cloves garlic, divided	4 oz. friséé, washed (about 4 cups)
1 sprig rosemary	1 1/2 t salt, divided
1 sprig thyme	3/4 t pepper, divided
1 bay leaf	1 1/2 lbs. sea scallops
1 lb. (3 medium) Maine Potatoes, cut into 1 1/2-inch pieces	
1/4 lb. (about 5 slices) bacon, cut into 1-inch pieces	
4 shallots, cut into thin slices	

In large saucepan, bring broth, 3 cloves of the garlic, the rosemary, thyme and bay leaf to a boil over medium-high heat. Add potatoes and boil, uncovered, 10 to 13 minutes or until potatoes are just tender. Drain potatoes, discarding herb sprigs and garlic cloves; set aside. In large non-stick skillet, cook bacon over medium heat 8 to 10 minutes or until crisp. Drain bacon on paper towels; reserve bacon fat. In same skillet, cook and stir potatoes in reserved bacon fat 6 to 8 minutes or until golden brown. Mince the remaining clove of garlic. Add garlic and shallots to the potato mixture; cook and stir 2 to 3 minutes or until shallots are soft. Add reserved cooked bacon and vinegar, mixing until combined. In large bowl, toss potato mixture with friséé. Season with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Arrange salad evenly on 4 serving plates and set aside. Meanwhile, season scallops with remaining 1 teaspoon salt and 1/2 teaspoon pepper. Grill scallops over medium-hot coals (or broil on rack of broiler pan 3 to 4 inches from heat) 4 to 6 minutes or until scallops are cooked to desired doneness, turning once. Serve with salad.

Nutrient Analysis Per Serving:

Calories: 514	Carbohydrates: 32 g	Fat: 19 g
Fiber: 4 g	Cholesterol: 130 mg	Protein: 52 g
Sodium: 1741 mg	Potassium: n/a	Vitamin C: n/a

Black Forest Potato Salad

Serves 4

1 1/3 lbs (4 medium) Maine potatoes, cut into 1/3-inch slices	1 can (10 oz) sauerkraut, rinsed & drained
1/3 C cider vinegar	1/4 C sliced green onions
2 T Vegetable oil	1/4 C chopped parsley
2 T water	Salt, to taste
1/4 t pepper	1 C diced tart red apples
	1 lb. Light Polish sausage, sliced 1/3" thick

In 2-quart saucepan over medium heat, cook potatoes, covered, in 2 inches boiling water until tender, about 12 minutes; drain. Meanwhile, in large bowl whisk together vinegar, oil, water and pepper. Mix in apples. In large nonstick skillet over medium heat, toss and brown sausage 10 minutes. Remove with slotted spoon. Drain on paper towels. Add potatoes, sauerkraut, onions, parsley and sausage to apple mixture, toss gently. Season with salt.

Nutrient Analysis Per Serving:

Calories: 368	Carbohydrates: 39 g	Fat: 17 g
Fiber: 6 g	Cholesterol: 74 mg	Protein: 23 g
Sodium: 1639 mg	Potassium: n/a	Vitamin C: n/a

Salmon & Potato cakes with Lemony Broccoli Slaw

Serves 4

1 pkg. (12 oz) fresh broccoli cole slaw (about 4 cups)
 1 can (14 3/4 oz) salmon, thoroughly drained
 2 cups mashed potatoes
 4 scallions, chopped
 2 T plus 1 t Dijon mustard
 3/4 t salt
 1/4 t plus 1/8 t freshly ground black pepper
 Corn flake crumbs, for coating
 3 T olive oil
 Zest and juice of 1 large lemon, plus lemon wedges for serving
 3/4 t dried dill weed

Preheat the oven to 375 F. Spray a jell-roll pan or baking sheet with nonstick cooking spray. Put the salmon into a large bowl and flake well with a fork. Add the potatoes, three-fourths of the scallions, the 2 tablespoons of mustard, 1/2 teaspoon of the salt and the 1/4 teaspoon of pepper, mix well. (The mixture will be soft.)

Shape the mixture into 8 patties. (They do not have to be perfect.) Coat with the corn flake crumbs, reshaping the patties as you go; arrange the prepared pan. Bake for 12 to 15 minutes or until heated through and crispy.

Meanwhile, combine the oil, lemon zest and juice, dill weed and the remaining scallions, mustard, salt and pepper in a clean large bowl; whisk until blended. Add the broccoli cole slaw and toss until evenly coated. Place the salmon cakes and lemon wedges on a platter and serve the broccoli slaw alongside.

Nutrient Analysis Per Serving:

Calories: 477	Carbohydrates: 40 g	Fat: 24 g
Fiber: 5 g	Cholesterol: 75 mg	Protein: 26 g
Sodium: 1576 mg	Potassium: n/a	Vitamin C: n/a

Crab-Filled Potato Bites

Serves 8

8 small (1 1/2 pounds) Maine Round White Potatoes*
 1/4 cup crab meat
 2 t grated Parmesan cheese
 2 t plain non-fat yogurt
 1 t chopped parsley
 2 t low-fat mayonnaise
 1/2 t lemon juice
 2 t minced chives
 Salt and pepper to season

In a medium saucepan, cook potatoes in 2 inches simmering water, covered, 25 to 30 minutes or until tender. Drain and cool; cut in half. With melon batter, scoop out the center from each half to form a cup. In small bowl, fold together crab meat, yogurt, mayonnaise, chives, cheese, parsley and lemon juice. Season with salt and pepper. Spoon about 1 teaspoon crab mixture into each potato half. Broil 4 inches below heating element of broiler 3 to 5 minutes or until golden.

Tip: Use crab mixture as a topping for baked potatoes. *Small round specialty varieties work well in this dish.

Nutrient Analysis Per Serving:

Calories: 61	Carbohydrates: 12 g	Fat: 1 g
Fiber: 1 g	Cholesterol: 5 mg	Protein: 2 g
Sodium: 61 mg	Potassium: n/a	Vitamin C: n/a