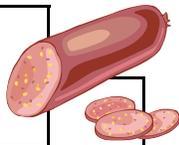


Polish Potato Casserole



- 2 teaspoons butter or margarine
- 1 tablespoon flour
- 1 cup low-fat milk
- 2 large potatoes, sliced thin
- 1/2 onion, sliced thin
- 1 cup cabbage, shredded
- 1/4 pound kielbasa*, sliced thin

In a saucepan, melt butter or margarine, stir in flour. Cook, stirring for 1 minute and then add milk. Continue to stir until the sauce begins to thicken. Set sauce aside. Lightly grease a casserole dish. Place 1/3 of potato slices on the bottom. Spread 1/2 the onion slices, then 1/2 the cabbage and 1/2 the kielbasa in layers over the potatoes. Add 1/3 of sauce. Repeat another layer of each, ending with a layer of potato and remaining sauce. Cover and bake at 350 degrees for 1 hour. *Makes 2-3 servings*

*Kielbasa is a smoked Polish sausage. Try another smoked sausage like chorizo if desired.



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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WIC is an equal opportunity program.

9-2004

Fresh-from-the-Farm:

Potatoes



**Washington WIC &
Senior Farmers
Market Nutrition
Program**

*Making it easier to add fresh fruits
and vegetables to your diet, and
support local farmers, too!*

Selection & Preparation

- ◆ Look for potatoes that are firm and fairly smooth.
- ◆ Avoid potatoes with sprouts, green or dark areas and wrinkled skin.
- ◆ Potatoes will keep for up to 2 months in a cool, dry, dark place that is well ventilated.
- ◆ Do not wash before storing. Do not refrigerate.
- ◆ Avoid placing potatoes in direct sunlight. Sunlight causes potatoes to green.
- ◆ Never freeze individual potatoes. Can be frozen when part of a recipe such as stew.
- ◆ Scrub potatoes with a vegetable brush before preparing. Cut away bad spots, sprouts and green areas.
- ◆ Poke several holes in skin of potato before cooking.



Nutrition Facts

Serving Size: 1 medium baked potato

Amount Per Serving

Calories 160

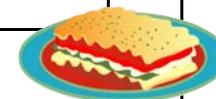
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 4g	
Vitamin A	0%
Vitamin C	30%
Calcium	2%
Iron	10%
Folate 48mcg	12%
Potassium 923mg	

Key Nutrients

- ❖ **Potassium** - Potatoes have twice the potassium as a banana! Potassium helps to maintain normal blood pressure and is involved in muscle and nerve function.
- ❖ **Fiber** - to prevent constipation, control blood sugar and fiber may lower cholesterol.
- ❖ **Vitamin C** - to support healthy gums, skin and blood.
Cook potato with the skin on to retain the most vitamin C.

Potato Lasagna

Makes 4-6 servings



- 1 egg
- 1 cup cottage cheese
- 1 cup spaghetti sauce
- 4 ounces shredded cheese
- 1/4 cup grated parmesan cheese
- 3 cups sliced baking potatoes
- 1 teaspoon oregano

1. Mix together egg, cottage cheese, spaghetti sauce and cheeses.
2. Alternate layers of potatoes and sauce mixture in a baking dish. Sprinkle oregano on top.
3. Cover and bake for 40 minutes at 400° F. Uncover and bake for another 15-20 minutes or until golden brown.

Tip: Cut leftovers into individual servings, wrap in plastic wrap and freeze for a quick an easy meal later.

