Cheesy Broccoli Potatoes

5 slices turkey bacon
1 tablespoon olive oil
1 clove garlic, minced
2 tablespoons chopped chives

Salt and pepper to taste
4 large potatoes, cubed
2 cups fresh broccoli florets
1 cup fat-free, shredded cheese

Preheat oven to 425°F. Cook bacon until crispy, crumble and set aside.
Spray 9x13-inch baking dish with non-stick cooking spray. In a small bowl, combine olive oil, garlic, chives, salt and pepper; stir to blend. In a large bowl, toss together potatoes and broccoli. Pour oil and herb mixture over potato mixture; stir to coat. Pour into baking dish and cover with foil. Bake for 35 minutes or until potatoes are tender; remove from oven.
Sprinkle cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, ½ cup servings.
Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 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.

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 growing 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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