



Smashed Potatoes

6 large baking potatoes	6 ounces fresh spinach	1 cup 2% Cheddar cheese, shredded
Cooking spray	1 tablespoon canola oil	
1½ cups sliced, fresh mushrooms	2 teaspoons Dijon mustard	½ teaspoon salt
4 green onions, thinly sliced	¾ cup light sour cream	½ teaspoon black pepper

Preheat oven to 400 degrees F. **Wash** and dry potatoes. **Spray** the skins with cooking spray and **pierce** potatoes in several places with a fork. **Place** on a 13- by-18-inch baking sheet. **Bake** until tender, about 1 hour. **Wash** mushrooms, green onions and spinach. **Heat** oil in a skillet over medium-high heat. **Add** mushrooms and **sauté** for 6 minutes. **Add** the green onions and fresh spinach, **sauté** for 1 minute. **Slice** off the top inch of each potato, leaving a ¼ inch border around the edge. **Scoop** out the flesh into a mixing

bowl and **mash**. **Add** mushroom mixture, Dijon mustard, sour cream and ½ cup cheese. **Mix** well and season with salt and pepper. **Scoop** mixture into potato shells and **sprinkle** with the remaining cheese. **Return** the potatoes to the baking sheet and **bake** until heated through and golden brown on top, about 20-25 minutes.

Yield: 6 servings

Nutritional Analysis: 410 calories, 9 g fat, 4.5 g saturated fat, 20 mg cholesterol, 400 mg sodium, 70 g carbohydrate, 9 g fiber, 4 g sugars, 15 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 such as russet or Yukon Gold.

Source: www.fruitsandveggiesmatter.gov

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 should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

KENTUCKY POTATOES

Kentucky Proud Project

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September 2014

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