

Sides

Basil and Serrano Ham Potato Scones

SPUDSTITUTION: This recipe replaces traditional whipping cream with potatoes!

These elegant scones are a perfect complement to lunch or dinner or just to snack on throughout the day.

2-1/2 cups (625 mL) all-purpose flour
1 tbsp (15 mL) baking powder
1/2 tsp (2 mL) salt
3/4 cup (175 mL) cold butter, cubed
3/4 cup (175 mL) mashed Ontario potatoes, cooled
2 eggs, beaten
1/2 cup (125 mL) chopped Serrano or Prosciutto ham
1/2 cup (125 mL) grated Grana Padano cheese, divided
1/4 cup (50 mL) roughly chopped fresh basil
1/4 cup (50 mL) pine nuts, toasted
1 clove garlic, minced
2 tsp (10 mL) extra virgin olive oil



In large bowl, combine flour, baking powder and salt. Using pastry cutter or fingers, cut butter into flour until coarse crumbs form. Using fork, stir in mashed potato. Drizzle eggs over top and combine until just blended. Add ham, 1/3 cup (75 mL) of the cheese, basil, pine nuts and garlic. Scrape dough onto well floured surface and knead gently to bring dough together. Pat dough into 3/4-inch (2-cm) thick round. Cut into 8 wedges, separate and brush each with oil. Sprinkle remaining cheese over top. Place wedges on parchment paper-lined baking sheet and bake in 400 F (200 C) oven about 20 minutes or until golden.

Makes 8 servings.

Per serving: 380 calories, 10 g protein, 24 g fat, 32 g carbohydrates, 1 g fibre, 720 mg sodium

Caramelized Onion Potato Mash Mounds with Herbed Goat Cheese

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Create individual mashed potato mounds ready for the dinner plate or to serve at a holiday buffet table. This recipe can be made ahead and reheated when needed.

2 tbsp (25 mL) butter
3 onions, thinly sliced
1 clove garlic, minced
1 tsp (5 mL) chopped fresh thyme or 1/2 tsp (2 mL) dried thyme
2 lbs (1 kg) large white Ontario Baking Potatoes (about 5), scrubbed and cut into chunks
1/2 cup (125 mL) warm vegetable or chicken stock
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) pepper
1 pkg (4 oz) herbed goat cheese



In large skillet melt butter over medium high heat and add onions, garlic and thyme. Cook, stirring for 5 minutes or until onions are beginning to turn golden brown. Reduce heat to medium and cook, stirring often for about 15 minutes or until very soft and deep brown.

In large pot of boiling salted water, cook potatoes for about 20 minutes or until fork tender. Drain well and return to pot. Add stock, salt and pepper and mash potatoes until smooth. Stir in caramelized onion mixture until combined. Using 1/2 cup (125 mL) measure, scoop out mashed potatoes into large mounds onto greased or parchment paper lined baking sheet. Using back of small spoon make an indentation in centre of potato mounds and divide goat cheese among potato mounds. Place in 400 F (200 C) oven for about 15 minutes or until cheese is melted.

To make the potatoes ahead, fill with cheese, cover with plastic wrap and refrigerate for up to 1 day. Reheat in oven for about 30 minutes or until warmed through.

Per each of 10 servings: 140 calories, 4 g protein, 5 g fat, 21 g carbohydrates, 2 g fibre, 210 mg sodium, 330 mg potassium

Source of Fibre, Source of Vitamins B1, B3 and C, Source of Folate

Grilled Potato and Asparagus Salad

Fresh zippy lemon sparks up the flavour in this salad. A perfect brunch or lunch dish served up during summer. Alongside grilled salmon fillets for perfect summer's eve.

- 4 Ontario Yukon Gold potatoes, (about 1 lb/500 g)
- half bunch asparagus, trimmed
- 1/3 cup (75 mL) extra virgin olive oil
- 4 cloves garlic minced
- 1/2 tsp (2 mL) each salt and pepper
- 1 red pepper, chopped
- 1/2 tsp (2 mL) grated lemon rind
- 2 tbsp (25 mL) lemon juice
- 1 tsp (5 mL) Dijon mustard
- 1 tbsp (15 mL) chopped fresh mint or parsley (optional)

Slice potatoes into 1/2 inch (1.25 cm) thick slices and place in large bowl. Add asparagus and drizzle with 2 tbsp (25mL) of the oil. Add half of the garlic and half each of the salt and pepper. Toss well to coat potatoes and asparagus.

Place potato slices and asparagus onto greased grill over medium high heat, close lid and grill turning once for about 10 minutes for the asparagus and 15 minutes for the potatoes or until golden and crisp. Arrange decoratively onto platter.

In small bowl, whisk together remaining oil and garlic, lemon rind and juice and mustard. Drizzle over grilled vegetables and sprinkle with mint, if using.



Grilled Potato Salad with White Balsamic Dressing

Crisp golden potatoes absorb the sweet flavour of white balsamic vinegar in this slightly Mediterranean version of a summer favourite. For a fun Canada Day treat, use a maple leaf cutter and cut out leaves from the red peppers to celebrate our country.

6 Ontario Yukon gold potatoes (about 2 1/4 lbs/1.25 kg), scrubbed
2 red peppers, quartered
2 tbsp (25 mL) extra virgin olive oil
2 tbsp (25 mL) chopped fresh basil
1 tbsp (15 mL) chopped fresh rosemary
1/4 tsp (1 mL) each salt and pepper
White Balsamic Dressing:
1/4 cup (50 mL) extra virgin olive oil
2 tbsp (25 mL) white balsamic vinegar
2 tbsp (25 mL) finely chopped sundried tomatoes in oil, drained
1 clove garlic, minced
1/3 cup (75 mL) halved pitted Kalamata olives
2 tbsp (25 mL) chopped fresh basil
1 tbsp (15 mL) capers

Cut potatoes into 8 wedges each and place in large bowl with red peppers. Add oil, basil, rosemary, salt and pepper and toss to coat well.

Place potato wedges and pepper on greased grill over medium high heat and grill for about 20 minutes, turning once or until golden and tender. Thinly slice red peppers and return to bowl with potato wedges.

White Balsamic Dressing: Meanwhile, whisk together oil, vinegar, tomatoes and garlic. Pour over grilled potatoes and peppers. Add olives, basil and capers and toss gently to combine.

Serve warm or cover and refrigerate for up to 2 days. Bring to room temperature and toss well before serving.

Tip: You can substitute 1 jar (340 mL) roasted red peppers, drained and sliced for the 2 red peppers.

Per each of 6 servings: 300 calories, 3 g protein, 15 g fat, 37 g carbohydrates, 4 g fibre, 220 mg sodium, 660 mg potassium

Excellent Source of Vitamin C, Source of Fibre, Source of Vitamins B1 and B3, Source of Folate



Hakka Chili Potatoes

Here, mini red potatoes are cooked Hakka style with flavour and spice. They go as well with fried rice as they do with warm buttered naan. A perfect dish for vegetarians, these potatoes are also great as a side with grilled fish or chicken.

- 2 lbs (1 kg) Ontario mini red Potatoes
- ½ tsp (2 ml) cornstarch
- ½ cup (125 ml) water
- 2 tbsp (25 ml) dark soy sauce
- 2 tbsp (25 ml) rice vinegar
- 1 tsp (5 ml) sesame oil
- 2 tbsp (25 ml) ketchup
- 1 tsp (5 ml) chili sauce or chili-garlic sauce
- 4 tbsp (50 ml) vegetable oil
- 1 tbsp (15 ml) minced fresh ginger
- 2 cloves garlic, minced
- ½ medium sized onion, chopped
- 1 hot green chili, sliced thin
- 2 green onions, chopped with green parts
- 2 tbsp (25 ml) chopped fresh coriander leaves

Wash potatoes, place in a large saucepan and cover with water. Bring to a boil over high heat. Reduce heat to medium-low, cover pan and cook potatoes until they are just tender but not mushy, about 12-15 minutes. Drain and cool the potatoes. Peel potatoes and halve them if they are too large. Potatoes can be cooked up to 3 days ahead of time and refrigerated until needed.

In a small bowl, mix cornstarch with water until smooth. Add soy, vinegar, sesame oil, ketchup and chili sauce. Mix well and set aside near the stove.

Warm oil in a deep non-stick skillet set over medium-high heat. Add ginger, garlic and onions. Sauté for 2 minutes, then add cooked potatoes to skillet. Sauté, stirring occasionally, until onions are softened and potatoes lightly browned, about 10 minutes. Give the reserved cornstarch mixture a good stir. Reduce heat to medium and add it to skillet. Stir gently to coat potatoes with sauce. Cook for 30 seconds then switch off heat. Fold in the green chili, green onions and fresh coriander. Transfer to a serving bowl and serve.

Serves four



Pan Roasted Potato and Goat Cheese Bake

This bake offers up colour, flavour and ease appeal by “roasting” the vegetables in a skillet. This not only is great out of the oven but also perfect served up at room temperature.

2 tbsp (25 mL) extra virgin olive oil
2 shallots, thinly sliced
2 cloves garlic, chopped
4 round Ontario potatoes, chopped
2 small zucchini, thinly sliced
1 red pepper, chopped
1 tbsp (15 mL) chopped fresh thyme
3 tbsp (45 mL) balsamic vinegar
1/2 tsp (2 mL) each salt and pepper, divided
1 pkg (4 oz /125 g) goat cheese
5 eggs
1 cup (250 mL) half and half cream

In large skillet, heat oil over medium heat. Cook shallots and garlic 3 minutes or until softened. Add potatoes and stir to coat. Cover and cook, stirring occasionally, about 15 minutes or until tender. Increase heat to medium high and add zucchini, red pepper and thyme and cook about 4 minutes or until golden. Remove from heat and add vinegar and half each of the salt and pepper. Let cool slightly.



Spread vegetables in shallow 6-cup (1.5-L) greased casserole dish. Crumble goat cheese over vegetables. In bowl, whisk together, eggs, cream and remaining salt and pepper. Pour over vegetable mixture and bake in 350 F (180 C) oven about 45 minutes or until knife inserted in centre comes out clean.

Individual Option: Use eight 1-cup (250-mL) ramekins/small casserole dishes and reduce baking time to about 30 minutes.

Per each of 6 servings: 330 calories, 12 g protein, 21 g fat, 23 g carbohydrates, 2 g fibre, 350 mg sodium, 500 mg potassium

Excellent Source of Vitamin C, Source of Calcium, Folate and Iron, Source of Vitamins B1 and B2

Parsnip, Potato and Kale Colcannon

This creamy side dish is usually served with a creamy milk and extra dollop of butter on top at the table. Our version has less butter, and uses low fat milk to still produce a rich flavourful dish with all the great taste.

A traditional colcannon has cabbage in it, which is just as delicious, but adding kale increases your folate and vitamin K count and gives it a rich deep green colour-perfect for St. Patrick's Day!

2 lbs (1 kg) Ontario potatoes, peeled and cubed
8 oz (250 g) parsnips, peeled and cubed
6 cups (1.5 L) shredded kale leaves, lightly packed
2 tbsp (25 mL) butter or oil
4 green onions, sliced
1 cup (250 mL) milk
3/4 tsp (4 mL) salt
Pinch freshly ground black pepper

In large pot add potatoes and parsnips and cover with cold water. Bring to boil and cook for about 20 minutes or until very tender. Drain and return to pot.

Meanwhile, in large deep skillet, bring 2 cups (500 mL) water and kale to boil. Cover and cook for 10 minutes or until tender. Drain in colander. Return skillet to medium heat and melt butter. Add onions and cook for about 5x minutes or until softened. Add kale and milk and bring to boil. Mash potatoes and stir in kale mixture. Add salt and pepper and stir to combine.

Makes 6 to 8 servings.

Per each of 6 servings: 240 calories, 6 g protein, 5 g fat, 42 g carbohydrates, 6 g fibre, 360 mg sodium, 860 mg potassium

Excellent Source of Vitamin C, Good Source of Folate, Source of Fibre, Source of Calcium, Source of Vitamins B1, B2 and B

Tip: By stirring in the kale and milk mixture you create a light, fluffy potato mixture that is so creamy, you will want seconds.



Potato Brûlée

Brûlée for dessert...why not for dinner? Freshly grated Parmesan cheese helps these creamy potatoes show off a golden colour. The hint of horseradish will keep you coming back for more.

2 heads garlic
1 tbsp (15 mL) extra-virgin olive oil
2 lb (1 kg) Ontario Yukon Gold potatoes
1/2 cup (125 mL) light cream
1/4 cup (50 mL) butter
2 tbsp (25 mL) horseradish
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) pepper
1 cup (250 mL) freshly grated Parmesan cheese
Cut tops off garlic and place in piece of foil.
Drizzle with oil. Seal foil to form packet. Place
garlic in 400 F (200 C) oven 45 minutes or until
garlic is soft when squeezed. Let cool.

Meanwhile, in large pot of boiling salted water,
cook potatoes 20 minutes or until fork tender.
Drain well and return to pot. Squeeze in roasted
garlic. Using potato masher, mash potatoes until coarse. Add cream, butter, horseradish, salt and
pepper; continue mashing until smooth.

Divide potato mixture among 8 ramekins. Sprinkle with cheese and place on baking sheet and
brûlée under broiler 5 minutes or until golden on top.

Yogurt-Mashed Potatoes: Omit light cream and butter and use 2/3 cup (150 mL) low-fat plain
yogurt.

Chicken/Vegetable-Mashed Potatoes: Omit light cream and butter and use 1/2 cup (125 mL)
chicken or vegetable stock.

Tip: For ease of filling ramekins, simply scoop mashed potatoes into piping bag and fill ramekins
or alternatively pipe decoratively on baking sheet before adding cheese and broiling.

Per serving: 240 calories, 7 g protein, 13 g fat, 23 g carbohydrates, 2 g fibre, 590 mg sodium,
440 mg potassium

Excellent Source of Vitamin C, Source of Calcium, Source of Folate, Source of Vitamins B1, B2
and B3



Potato Soufflee's

Stuffed with delicious Gruyere cheese, mushrooms and a medley of herbs and spices these soufflés are easy enough to create for a weekday dinner and delicious enough to serve at your next gathering.

4 large long white Ontario Baking Potatoes or Ontario Sweet Potatoes (about 2 lb/1 kg), scrubbed

1 tbsp (15 mL) butter

1 small onion, chopped

2 cloves garlic, minced

1 cup (250 mL) chopped mushrooms

2 tbsp (25 mL) chopped fresh Italian parsley

1/2 tsp (2 mL) dried thyme

1/4 tsp (1 mL) each salt and pepper

1 cup (250 mL) shredded Gruyere cheese

3 egg whites

Prick potatoes with fork a few times and place in 400 F (200 C) oven and bake for about 1 hour or until tender when pierced with knife. Let cool slightly.

Meanwhile, in skillet melt butter over medium heat and cook onion, garlic, mushrooms, parsley, thyme and half each of the salt and pepper for about 8 minutes or until softened and golden brown. Set aside.

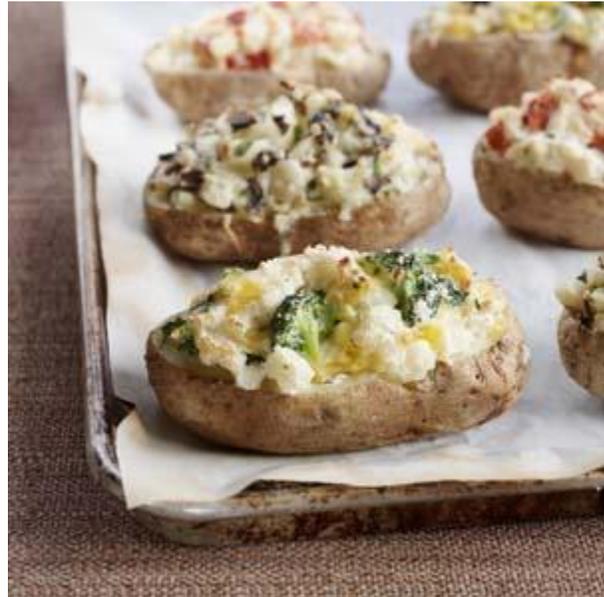
Cut top third of potatoes horizontally off and scoop out flesh from top piece and entire potato into bowl, leaving 1/2-inch (1 cm) thick shell. Mash potato flesh with remaining salt and pepper and add onion, mushroom mixture and Gruyere cheese; stir to combine.

In bowl, beat egg whites until stiff peaks form. Fold one third of the egg whites into potato mixture to lighten. Fold in remaining egg whites until evenly combined. Mound mixture into potato shells and place in small baking dish and bake in 350 F (160 C) oven for about 20 minutes or until lightly golden. Broil for about 3 minutes or until golden brown and slightly crisp on top.

Try using other favourite vegetables and cheese combinations like cooked broccoli and cheddar cheese or roasted red pepper and Asiago cheese.

Per serving: 360 calories, 16 g protein, 12 g fat, 46 g carbohydrates, 5 g fibre, 320 mg sodium, 860 mg potassium

Good Source of Vitamin C, Source of Fibre, Source of Calcium and Folate, Source of Vitamins B1, B2, B3 and B12



Spiced Smashed New Potatoes

Using a meat mallet to crack or smash the potatoes helps to break the skin enough for the flavour to get to the meat of the potato. Cooking the potatoes on the stove helps give a golden colour and added crunch appeal to the potatoes.

1 lb (500 g) new mini Ontario potatoes
1/4 cup (50 mL) extra virgin olive oil
1/4 cup (50 mL) chopped fresh Italian parsley
1 long hot chili pepper, chopped
1 tbsp (15 mL) coriander seeds
2 tsp (10 mL) chopped fresh thyme
2 tbsp (25 mL) chopped fresh coriander
1/2 tsp (2 mL) coarse salt

Using flat side of meat mallet, crack each potato to break the skin.



In large shallow Dutch oven, add oil and heat over medium low heat. Add potatoes, parsley, chili pepper, coriander seeds and thyme. Cover and cook, stirring frequently, for about 30 minutes or until potatoes are tender and golden.

Add fresh coriander and salt and stir to combine before serving.

Per serving: 210 calories, 3 g protein, 14 g fat, 17 g carbohydrates, 3 g fibre, 250 mg sodium, 660 mg potassium

Excellent Source of Vitamin C, Source of Vitamins B1 and B3, Source of Fibre, Source of Iron

Spicy Scalloped Potatoes

This creamy dinner favourite is spiked with spicy Mexican flavours of salsa and jalapeno. If you want to decrease the heat slightly omit the pickled jalapenos and you will still end up with a tasty side dish.

2 tbsp (25 mL) butter
2 tbsp (25 mL) all-purpose flour
2 1/4 cups (550 mL) warm milk
1 cup (250 mL) shredded jalapeno harvati cheese
1/2 tsp (2 mL) each salt and dried oregano
1/4 tsp (1 mL) each ground cumin and pepper
2 lb (1 kg) round red or white or long Ontario Potatoes (about 5), scrubbed
1 cup (250 mL) chunky salsa
1/4 cup (50 mL) drained pickled jalapeno pepper slices (optional)



In saucepan melt butter over medium heat and add flour and cook, stirring for 1 minute. Whisk in milk and cook, whisking constantly for 3 to 5 minutes or until beginning to boil and thicken. Remove from heat and whisk in cheese, salt, oregano, cumin and pepper until smooth; set aside.

Peel and thinly slice potatoes. Arrange one third of the slices into greased 8-inch (2 L) square baking dish. Spread with half of the salsa. Repeat layers once and layer remaining potato slices on top. Pour cheese sauce over top and around sides to cover evenly and reach bottom of dish. Sprinkle with pickled jalapeno peppers, if using.

Cover with foil or lid and bake in 375 F (190 C) for 1 hour. Uncover and bake for 30 minutes or until lightly browned and potatoes are tender. Let stand 5 minutes before serving.

Makes 6 servings.

Per serving: 300 calories, 9 g protein, 13 g fat, 37 g carbohydrates, 4 g fibre, 690 mg sodium, 610 mg potassium

Source of Vitamins B1, B2 and B12, Source of Vitamin C, Source of Calcium

Tandoori Potato and Paneer Skewers

Baby potatoes, coated with a thick, mildly spicy marinade, grilled on the barbecue until lightly crisp and golden. If you wish, you can intersperse pieces of sweet red or green pepper for added colour. Or, try making the skewers with potatoes only.

1 lb. (500 gm) Ontario mini white potatoes
½ lb. (250 gm) paneer (Indian cottage cheese)
2 cloves garlic
½ inch piece ginger
1 cup (250 ml) plain full fat yogurt
A pinch of saffron strands
Salt to taste
½ tsp (2 ml) ground black pepper
1 tsp (5 ml) ground coriander seeds
½ tsp (2ml) ground cumin seeds
½ tsp (2 ml) toasted crushed cumin seeds
½ tsp (2 ml) garam masala
1 tsp (5 ml) dried fenugreek leaves
2 tbsp (25 ml) chopped fresh coriander leaves
2 tbsp (25 ml) chopped fresh mint leaves
2 tbsp (25 ml) vegetable oil
2 tsp (10 ml) lime juice



Wash potatoes, place in large saucepan and cover with water. Bring to a boil over high heat. Reduce heat to medium-low, cover pan and cook potatoes until they are just tender but not mushy, about 12-15 minutes. Drain and cool them. Peel potatoes and halve them if they are too large. Potatoes can be cooked up to 3 days ahead of time and kept refrigerated until needed.

Cube paneer into 1-inch pieces. Set aside.

Mince garlic and ginger together in food processor and transfer to a large mixing bowl. Add yogurt and beat with a spoon to break up all the lumps. Add all the remaining ingredients except vegetable oil and lime juice. Mix well, then add potatoes and paneer. Toss gently to coat with marinade, cover and refrigerate for at least one hour.

When ready to grill, preheat outdoor barbecue to medium-high. Thread potatoes and paneer onto skewers, starting with a paneer cube, then a potato and so on, ending with a paneer cube. You should have about 3 potatoes on each skewer, interspersed with 4 cubes of paneer. Repeat similarly with remaining skewers.

Place skewers on barbecue and grill until golden, slightly charred and tender, about 7 minutes. Brush lightly all over with vegetable oil and grill for 2 -3 more minutes until they have crisped up some more. Transfer to a platter and sprinkle liberally with lime juice before serving.

Makes 12 - 14 skewers for 4 servings

Upside-Down Potatoes

An easy side dish or snack with big flavour in every bite of baking potato, yet low in fat.

1/4 cup (50 mL) grated Parmesan or Romano cheese
1/2 tsp (3 mL) chili powder
1/4 tsp (1 mL) salt
1 1/2 lb. (750 g) Ontario baking potatoes (3 large Russets), unpeeled, washed
2 tbsp (30 mL) olive oil
Preheat oven to 400 F (200 C). Line a baking sheet with parchment paper.

Mix together cheese, chili powder and salt. Set aside.

Use large sharp knife to cut potatoes in half along lengths of potatoes. For younger kids, a parent should do the cutting. Lightly brush cut sides with olive oil, right over edges. Holding each potato half over a bowl, use a spoon to sprinkle cheese mixture over oil-brushed surfaces, sprinkling over edges to completely dust entire oiled surface.

Place potato halves, cheese side down on parchment-lined baking sheet. Repeat for all six halves. Lightly brush skins with olive oil. Bake 25 minutes, until potato halves can be pierced with a paring knife.

Makes 6 Upside-Down Potatoes.

Per serving: 148 calories, 4 g protein, 6 g fat, 20 g carbohydrates, 2 g fibre, 169 mg sodium

