



Green for Go Local

Ingredients in **green** = locally grown or produced



Potatoes



Milk



Butter

Baked Potatoes / Mashed Potato Bowls

By Jenny & Rosie

Serves 4-6

1) Baked Potatoes

Ingredients

4-6 medium-large Russet or other baking **potatoes**, scrubbed

Directions

Note: Smaller appetites might prefer ½ potato.

1. Preheat the oven to 400°F (200°C).
2. Place the potatoes on a baking sheet or directly on clean oven racks. Bake for 60-90 minutes, until the internal temperature reaches 165°F (74°C) and the potatoes are tender.
3. When ready to serve, split almost all the way through with a sharp knife. If adding butter or cheese, add when hot.

2) Mashed Potato Bowls

Ingredients

2 lb (900 g) **Potatoes**, peeled and cut into 1 inch pieces
 2 tsp (10 mL) Salt
 2 Tbsp (30 mL) **Butter**
 1 Cup (250 mL) **Milk**, warmed in the microwave or a small pot

Directions

1. Place the potatoes in a large pot. Add salt and enough water to cover. Cover and bring to a boil, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
2. Drain and return to the pot. Add butter and milk and mash until smooth. For Garlic Mashed Potatoes, add 4 cloves of grated garlic while mashing.



Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

Create Your Plate!

Veg It Up

Make a veggie mash kids will love by swapping turnip, carrots, sweet potato or cauliflower florets for some of the potatoes.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Butter**
- ★ **Sour cream**
- ★ **Grated cheese**
- ★ **Chili**
- ★ **Taco beef**
- ★ **Baked beans**
- ★ **Gravy**
- ★ **Cheese curds & gravy**
- ★ **Cheese sauce** (see [Mac & Cheese recipe](#)) and **broccoli**
- ★ **Salsa** mixed with **beans**
- ★ **Crumbled bacon**
- ★ **Chicken, pork or beef** - cut into strips and cooked
- ★ **Crispy chicken** fingers - cut into chunks
- ★ **Chives or green onions** - sliced
- ★ **Corn on the cob**
- ★ **Broccoli** - cooked or raw
- ★ **Make a Rainbow Salad:**
 - ★ **Carrots** - sticks or grated
 - ★ **Sweet peppers**
 - ★ **Corn**
 - ★ **Cucumber**
 - ★ **Lettuce** or other **greens**
 - ★ **Tomato** - diced
 - ★ **Red cabbage**
 - ★ **Fruit**



Cheese



Beans



Cheese Curds



Broccoli



Salsa



Sour Cream



Corn on the Cob



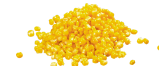
Green Onion



Carrot



Peppers



Corn



Cucumber



Lettuce



Tomato



Red Cabbage



Fruit