

TRIM TATER TOPPINGS  
AND OTHER TATER IDEAS

Shed a tear for the potato. People think it's so fattening. Actually potatoes are good losers. Give them a chance on your reducing diet.

Potatoes are so delicious and filling, it's not surprising people think they're so fattening. Yet a potato has no more calories than an apple or pear the same size.

And, potatoes give you a generous serving of good nutrition. A medium baked potato (3 per pound) provides one-third of the U.S. RDA for vitamin C, plus other key vitamins and minerals, and carbohydrates, your body's basic fuel.

Compare the Calories - Potato Toppings

1 Tablespoon of:	Calories:
Butter or Margarine	100
Parmesan cheese	25
Sour cream	25
Cottage cheese	15
Yogurt	10
Herbs and spices	0

Try these Trim Tater Toppings:

Melted butter or margarine thinned with lemon juice.  
Sliced mushrooms marinated in low-calorie dressing.  
A mix of dried herbs: parsley, chives, basil, dill.  
Hot skim milk or chicken broth seasoned with herbs.

Low Calorie French Fries:

Cut a medium potato lengthwise into wedges. Brush cut sides with beaten egg white; sprinkle with Parmesan cheese and oregano. Bake at 425° F. for 25 minutes. Yield: 2 servings; 45 calories each. Approximately 2/3 bread exchange.

To Dress A Skinny Potato Salad:

Instead of calorie-rich mayonnaise, try one of the following:  
Tomato juice with a hint of herbs  
Vinaigrette dressing: vinegar and just a dash of oil  
Mustard and a dab of sour cream  
Herb-dressed yogurt

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Slim Potatoes Au Gratin:

In a non-stick 9-inch square baking pan, combine 3 medium potatoes, peeled, cooked and sliced;  $\frac{1}{2}$  cup coarsely chopped celery; 1 10  $\frac{3}{4}$ -oz. can condensed Cheddar cheese soup; 1 tablespoon prepared mustard. Bake at 375° F for 30 minutes until hot and bubbly. Yield: 8 servings; 80 calories each. 1 bread exchange.

More Trim Tater Toppings:

Grated Parmesan cheese  
Chopped onion with coarsely grated black pepper  
Chive-spiked cottage cheese or yogurt

Mock Sour Cream:

In a blender, whip cottage cheese and a little lemon juice together until smooth. Add salt, pepper and chives to taste. Only 10-15 calories per tablespoon. One-fifth meat exchange.

A Tip on Low-Calorie Potato Salad:

Add low-calorie dressing while potatoes are still hot. The potatoes will absorb more flavor while they chill in the refrigerator, so you'll need less dressing.

Skinny French Fries:

Cut 4 medium peeled potatoes into thin strips. Toss in ice water to crisp. Drain and pat very dry on paper towels. Spread strips in one layer on jelly-roll pan. Sprinkle with 2 tablespoons salad oil. Bake at 450° F. 30-40 minutes until golden brown, turning frequently. Sprinkle with salt and paprika. Yield: 8 servings; 100 calories each. One bread exchange and one-half fat exchange.

Slender Potato Salad:

In large bowl combine 1 cup yogurt, 2 teaspoons prepared mustard, and 2 teaspoons horseradish. Add 2 cups cubed cooked potatoes,  $\frac{1}{2}$  cup sliced celery; 1 medium cucumber, sliced;  $\frac{1}{2}$  cup sliced onion; 1 tablespoon chopped chives. Toss and chill. Yield: 8 servings; 60 calories each. One bread exchange.

Twice-Baked Potatoes, Cottage Style:

Cut a medium hot baked potatoes in half lengthwise. Scoop out pulp, reserving shells. Beat pulp with 1 cup low-fat cottage cheese,  $\frac{1}{2}$  cup skim milk, 1 tablespoon minced onion, and salt and pepper. Spoon back into shells; sprinkle with paprika and parsley. Bake 10 minutes at 400° F until piping hot. Yield: 8 servings; 75 calories each. One bread exchange.