



GIHC4

GLOBALLY INSPIRED HOME COOKING

Potatoes – Healthy Carbohydrates for Energy All Over the Globe

Time: 75 Minutes (1 recipe prepared); 95 Minutes (2 recipes prepared)

Learn why potatoes and sweet potatoes supply healthy carbohydrates for sustained energy. These root vegetables have become culinary staples across the globe. Learn how various countries make potatoes and sweet potatoes their own with unique preparations.

OBJECTIVES:

Describe the nutritional benefits of eating potatoes and sweet potatoes.

Identify different types of potatoes.

List two healthy cooking tips for potatoes and sweet potatoes.

Explain cooking traditions for potatoes and sweet potatoes in other countries.

SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (20 Minutes)

- Ask participants if they have a family recipe for potatoes or sweet potatoes that they'd like to share with the group.

- Demonstrate content (see demo script). Play the video as indicated, or demo the content following the script.

ACTIVITY (20-40 Minutes)

- The class will divide into two groups. Each will prepare the same or a different potato recipe.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste the healthy dish or dishes. Ask each participant to share one learning from the lesson.

GOAL SETTING/CLOSING (15 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimers before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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Potatoes – Healthy Carbohydrates for Energy All Over the Globe Resource List

HANDOUTS/VIDEOS

Find these resources on [AHA's YouTube channel](#) or [heart.org/healthyforgood](#)

- Video – [Globally Inspired Home Cooking with Potatoes and Sweet Potatoes](#)
- Video – [Slicing Potatoes into Fries](#)
- Article – [Smart Substitutions to Eat Healthy](#)

Find these resources in this lesson

- Recipe – [Peanut and Greens Stew](#)
- Recipe – [Olive Oil Mashed Potatoes](#)
- Handouts – [World Map – Potato and Sweet Potato Recipes Inspired by Global Flavors](#)
- Handouts – [Potato and Sweet Potato Recipes for Globally Inspired Home Cooking](#)
- Handout – [Seasons of Eating Infographic](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

DEMO SUPPLIES (Optional if you choose to play videos provided.)

- Samples of various types of potatoes and a sweet potato. Please reference the demo script for potato options.
- Russet potato
- Chef's knife
- Cutting board

ACTIVITY INGREDIENTS* AND SUPPLIES**

For Peanut and Greens Stew

- 2 teaspoons olive oil
- 1 small onion, chopped
- 2 medium garlic cloves, minced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 3 ½ cups fat-free, low-sodium vegetable broth
- ¼ cup creamy low-sodium peanut butter
- 1 teaspoon light brown sugar
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 pound red potatoes (about 4 medium), cut into 1-inch pieces
- 12 ounces frozen puréed winter squash, such as butternut or acorn, thawed, or 12 ounces canned solid-pack pumpkin (not pie filling)
- 10 ounces frozen chopped collard greens, thawed and squeezed dry
- Measuring spoons
- Chef's knife
- Paring knife (if preferred for cutting and for testing the doneness of the potatoes)
- Measuring cup
- Electric burner
- Large saucepan with lid
- Large spoon (for stirring while cooking)
- Whisk

For Olive Oil Mashed Potatoes

- 1 ½ pounds small Yukon Gold potatoes, halved or cut into 2-inch pieces
- 6 medium garlic cloves
- ¼ teaspoon salt
- 1 cup chopped green onions
- ¼ cup olive oil (extra virgin preferred)
- ½ teaspoon pepper (freshly ground preferred)
- Chef's knife and/or paring knife
- Measuring cup
- Measuring spoons
- Electric burner
- Large saucepan
- Colander
- Fork (for mashing the potatoes and garlic cloves)
- Large spoon (for stirring the potato mixture)
-
- Bowls (for tasting the stew)
- Spoons (for tasting the stew)
- Plates (for tasting the mashed potatoes)
- Forks (for tasting the mashed potatoes)

**Peanut and Greens Stew recipe serves 4 people and Olive Oil Mashed Potatoes recipe serves 8 people; please multiply ingredients as necessary for your participants.*

***Purchase appropriate number of supplies for your participants. Participants will divide into 2 teams and share supplies and ingredients.*

Potatoes – Healthy Carbohydrates for Energy All Over the Globe Demo Script



SAY:

Do you have a family recipe for potatoes or sweet potatoes that you'd like to share with the group?



Potatoes and sweet potatoes are nutrition-packed root vegetables that are easy to grow and harvest. Potatoes were a food crop for the Andean people of South America where they were first grown. Spanish explorers introduced the potato to Europe. At first, Europeans were suspicious of the strange-looking vegetable because the potato was recognized as a member of the nightshade family. This group of flowering plants includes vegetables—tomatoes, eggplants, and bell peppers, along with the potato—but also includes nightshade (belladonna) with its poisonous berries and leaves. Despite the initial mistrust, however, the potato was accepted and over time became a culinary staple for people everywhere. For many Americans, not a day passes in which we don't eat potatoes for an entrée, side dish, or snack.



The sweet potato comes from the tropical regions of the Americas. Its spread across the globe isn't as clearly defined as that of the potato. Today, it's one of the most valuable crops. The sweet potato is often called a yam by mistake. Sweet potatoes and true yams aren't related (the yam originated in Africa and Asia). Yams have a pale, very starchy interior and aren't as flavorful as sweet potatoes. They're also more challenging to harvest since their roots can extend deep into the ground.

Show the [video](#): [Globally Inspired Home Cooking with Potatoes and Sweet Potatoes](#).

POTATOES



SAY:

Here are some examples of types of potatoes.

Russet – Russets are often called Idaho potatoes since Idaho is the state that grows the most, but russets are grown in Maine and elsewhere, too. Their starchiness makes them perfect for baked potatoes and potato soup.

If you have a russet potato, show it and then pass it around.



Yukon Gold – Yukon Gold potatoes work well for mashed potatoes. They have thinner skins, their pulp is a yellowish color, and they have a medium level of starch. If available, you can substitute Yellow Finn potatoes for Yukon Gold.

If you have a Yukon Gold or Yellow Finn potato, show it and then pass it around.



Red Potatoes – They're small and round and have waxy flesh that has more moisture and less starch than russets. Red potatoes stay firm when cooked. They're ideal for frying and roasting, but less good for baking.

If you have a red potato, show it and then pass it around.



Fingerling – These look like plump fingers, although the word "fingerling" is German and refers to fish. Roast, steam, or boil fingerlings. Since the skin can be many different colors, these potatoes are attractive as appetizers and in salads.

If you have a fingerling potato, show it and then pass it around.

SWEET POTATOES



SAY:

A member of the morning glory family, the sweet potato can be baked, sautéed, or boiled. Sweet potato fries and chips are now popular and can be made with either savory or sweet seasonings.

If you have a sweet potato, show it and then pass it around.

Potatoes – Healthy Carbohydrates for Energy Demo Script (Continued)

POTATOES AND SWEET POTATOES ARE A HEALTHY CHOICE



SAY:

- Potatoes are low in calories and naturally low in sodium.
- Potatoes are a rich source of potassium and vitamin C.
- Sweet potatoes are also rich in potassium and vitamin C, along with vitamin A (beta carotene). A medium sweet potato with skin provides 4 grams of fiber, over 400 percent of your recommended dietary allowance of potassium, and 37 percent of your recommended dietary allowance of vitamin C!
- Fresh, frozen, canned, or dried potatoes and sweet potatoes all can be healthy choices. Remember that sodium is usually added to canned foods to preserve them. Look for no-salt-added, low-sodium, or reduced-sodium products when using canned potatoes and sweet potatoes. Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Rinse and drain canned potatoes to reduce their sodium even more. For sweet potatoes, choose those canned in water instead of syrup to avoid the added sugar.



- The American Heart Association recommends eating eight servings of fruits and vegetables each day. Root vegetables like potatoes and sweet potatoes, which are at their peak in the fall, will help you reach your daily goal.



Healthy Carbohydrates



- Potatoes and sweet potatoes are a great source of carbohydrates, which break down into simple sugars to give our bodies energy. Carbohydrates are either called complex or simple, depending on the food's chemical structure and how quickly the sugar is digested and absorbed. Potatoes and sweet potatoes are considered starchy vegetables and

have complex carbohydrates. The body takes longer to break down complex carbohydrates into simple sugars, which means they give you energy for a longer period of time.



- Complex carbohydrates and healthy nutrients will give you steady energy. Eat fruits and vegetables—like potatoes and sweet potatoes—whole-grain rice, bread, cereal, and legumes.



- Simple carbohydrates are found in processed, refined, or added sugars (such as syrups and table sugar). These don't provide any nutritional value and they also break down faster in your body. This means you're more likely to feel hungry again sooner. To avoid feeling a 'crash' after eating, try to limit foods like sugar-sweetened beverages and high-calorie desserts that have simple carbohydrates.



Potassium



Both potatoes and sweet potatoes contain potassium. Potassium is a mineral that your body needs to stay healthy. Foods with potassium can help control blood pressure by lessening the harmful effects of sodium. The more potassium you eat, the more sodium you process out of your body.

HEALTHY COOKING WITH POTATOES AND SWEET POTATOES



SAY:

You can make your own healthier oven-baked fries at home. Let's watch a video about slicing potatoes into fries.

Show the video: Slicing Potatoes into Fries or demo slicing potatoes into fries with the following script. If you show the video, add the comments in paragraph two below so the participants will know how to season and bake the potato strips.

Potatoes – Healthy Carbohydrates for Energy Demo Script (Continued)



SAY:

Clean the potato under cold running water. You can use a small vegetable scrubbing brush with bristles to remove any dirt. Dry the potato. If you like the flavor, leave the potato skin on. The skin gives you additional fiber. If you prefer skinless fries, peel the potato using a vegetable peeler. Cut the potato in half. Take one half and put the flat side down on the cutting board. Cut the half into $\frac{1}{8}$ - to $\frac{1}{4}$ -inch strips. You want the strips to be the same size, so they cook through at the same time. And then, because we want the fries to be skinny, take each slice (one at a time) and lay it flat. Cut vertically down the slice to create thinner strips. Repeat the process with the other half of the potato.



For a batch of oven fries, cut up three medium baking potatoes. Preheat your oven to 400°F. Lightly spray a large baking sheet with cooking spray. Arrange the potato strips on the baking sheet in a single layer. In a small bowl, stir together $\frac{1}{2}$ teaspoon garlic powder (be sure to use garlic powder and not garlic salt), $\frac{1}{2}$ teaspoon paprika, and $\frac{1}{4}$ teaspoon pepper. Sprinkle over the potatoes. Bake for 25 minutes, or until the potatoes are tender.



Tips for Buying, Preparing, and Serving Potatoes and Sweet Potatoes



Potatoes



When buying all types of potatoes, look for those that are solid and well-shaped. Stay away from potatoes that look wrinkly or have blemishes, bald spots, white sprouts, or cracks. Store potatoes in a cool, dark location with good ventilation for up to two weeks.



Russet potatoes are the best kind to use for baking. Preheat the oven to 350°F. Prick the cleaned potato all over (about a dozen times) with the tines of a fork. Bake for 1 hour on the middle rack of the oven.



Here are some healthy tips for serving baked potatoes:



Instead of butter (1 tablespoon), use 1 tablespoon soft margarine with no trans fat (made with non-hydrogenated vegetable oils, usually in a tub).



Instead of full-fat sour cream, use low-fat or fat-free sour cream or top with low-fat or fat-free plain Greek yogurt.



- Top baked potatoes with:
 - Steamed broccoli and a sprinkling of unsalted sunflower seeds and shredded fat-free Cheddar cheese
 - Red kidney beans, diced red onion, and shredded fat-free Cheddar cheese
 - Tomatillo salsa (look for the lowest sodium you can find) and sliced green onions
 - Roasted garlic hummus and a sprinkling of fat-free feta cheese or 1 teaspoon chopped, drained black olives
 - Diced cooked skinless chicken breast (cooked without salt) mixed with a teaspoon of low-fat blue cheese



Sweet Potatoes



When buying sweet potatoes, look for those that have smooth skins and are small to medium in size (for the best flavor). Store sweet potatoes in a cool, dark place for up to one week.



To bake sweet potatoes, preheat the oven to 425°F. Prick the cleaned sweet potato all over (about a dozen times) with the tines of a fork. Place on a baking sheet lined with aluminum foil. Bake for 45 minutes to 1 hour, or until soft and moist.



- Top baked or mashed sweet potatoes with:
 - A sprinkle of ground cinnamon and a drizzle (about 1 teaspoon) of honey
 - Sautéed chopped apples mixed with $\frac{1}{4}$ teaspoon pumpkin pie spice
 - Chopped unsalted pecans
 - Unsweetened applesauce

Potatoes – Healthy Carbohydrates for Energy Demo Script (Continued)

POTATOES AND SWEET POTATOES AROUND THE WORLD



SAY:

Let's go over some of the ways potatoes and sweet potatoes are prepared around the world.



In North America: Canadians eat a filling dish called *Poutine*—fries with gravy and cheese curds. In the U.S., what would Thanksgiving be without our mashed potatoes, roasted potatoes, sweet potato casseroles, and sweet potato pie?



In Mexico, Central, and South America: *Camotes Enmielados* are Mexican candied sweet potatoes. They're sold in markets and by street vendors as a treat. In Colombia, El Salvador, and other Central American countries, *Ensalada Rusa*, a classic potato salad, is popular. Peruvians eat *Papa a la Huancaína*, boiled potatoes in a creamy, spicy sauce, as a holiday dish.



In Europe: *Neeps and Tatties* is a Scottish side dish of mashed rutabaga and potatoes. It's a required part of the Burns Night Supper, an annual celebration of the poet Robert Burns. For the British, two time-honored meals are *Bangers and Mash*, sausage and mashed potatoes, and *Fish and Chips*, batter-dipped fried fish and fried potato slices. *Rösti*, a grated potato cake that's most often pan-fried, is served for breakfast in Switzerland. A favorite Spanish tapa is *Papas Bravas*, roasted potato cubes served with a spicy tomato sauce.



In Africa: A combination of mashed sweet potatoes, corn, and peas (and often spinach), *Irio* is a traditional Kenyan side. Curried potatoes often accompany meals in Uganda where both potatoes and sweet potatoes are important crops.



In Asia: Koreans enjoy eating *Gamjajeon*, a pancake made from grated potato. In India, *Aloo Gobi* is a common vegetarian dish made of potatoes, cauliflower, and spices, including turmeric, which gives it a golden color.

Divide participants into groups to practice making Peanut and Greens Stew and/or Olive Oil Mashed Potatoes.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY:

Today, we are going to make Peanut and Greens Stew and/or Olive Oil Mashed Potatoes. The stew is a popular dish from West Africa. The mashed potatoes are a healthier way to prepare an American favorite.



Once everyone is finished making their dish, we'll taste what we've created.

Makes 4 servings; 1 ½ cups per serving
Per serving: 277 Calories; 2.0 g Saturated Fat; 272 mg Sodium



INGREDIENTS

- 2 teaspoons olive oil
- 1 small onion, chopped
- 2 medium garlic cloves, minced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 3 ½ cups fat-free, low-sodium vegetable broth
- ¼ cup creamy low-sodium peanut butter
- 1 teaspoon light brown sugar
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 pound red potatoes (about 4 medium), cut into 1-inch pieces
- 12 ounces frozen puréed winter squash, such as butternut or acorn, thawed, or 12 ounces canned solid-pack pumpkin (not pie filling)
- 10 ounces frozen chopped collard greens, thawed and squeezed dry

DIRECTIONS

1. In a large saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the onion and garlic for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Stir in the jalapeño. Cook for 1 to 2 minutes, or until the jalapeño is tender-crisp, stirring occasionally.
2. Stir in the broth, peanut butter, brown sugar, ginger, salt, and pepper. Increase the heat to medium high and bring to a simmer, whisking occasionally to distribute the peanut butter.
3. Stir in the potatoes. Reduce the heat and simmer, covered, for 15 minutes, or until the potatoes are tender when pierced with the tip of a sharp knife or a fork. Stir in the squash and collard greens. Increase the heat and simmer, uncovered, for 5 minutes, or until heated through.

Cook's Tip: For speedy cooked squash, cut a winter squash in half and scoop out the seeds with a spoon. Place the squash with the cut side down on a microwaveable plate. Microwave on 100 percent power (high) for 7 minutes per pound, or until tender.

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Olive Oil Mashed Potatoes

Makes 8 servings; ½ cup per serving
Per serving: 134 Calories; 1.0 g Saturated Fat; 83 mg Sodium



INGREDIENTS

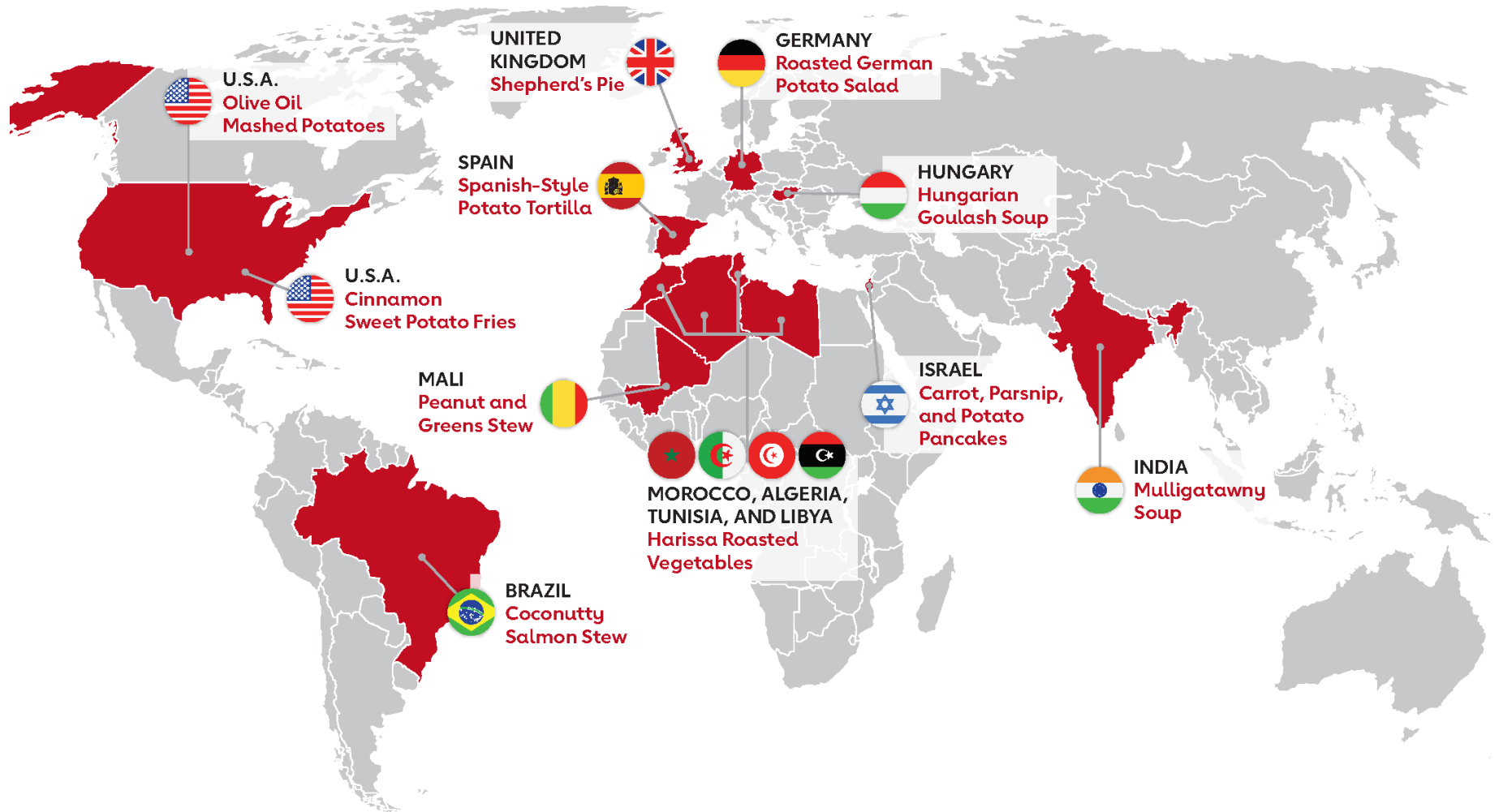
- ❑ 1 ½ pounds small Yukon Gold potatoes, halved or cut into 2-inch pieces
- ❑ 6 medium garlic cloves
- ❑ ¼ teaspoon salt
- ❑ 1 cup chopped green onions
- ❑ ¼ cup olive oil (extra virgin preferred)
- ❑ ½ teaspoon pepper (freshly ground preferred)

DIRECTIONS

1. Put the potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15 to 20 minutes, or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pan.
2. Using the tines of a fork, mash the potatoes and garlic, being sure to crush each piece of potato and each garlic clove.
3. Add the green onions, oil, and pepper, stirring until well combined.

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Potato and Sweet Potato Recipes Inspired by Global Flavors



Potato and Sweet Potato Recipes for Globally Inspired Home Cooking

- ❑ Cinnamon Sweet Potato Fries (**U.S.A.**)
- ❑ Coconutty Salmon Stew (**Brazil**)
- ❑ Shepherd's Pie (**England**)
- ❑ Roasted German Potato Salad (**Germany**)
- ❑ Spanish-Style Potato Tortilla (**Spain**)
- ❑ Hungarian Goulash Soup (**Hungary**)
- ❑ Harissa Roasted Vegetables (**Morocco, Algeria, Tunisia, and Libya**)
- ❑ Carrot, Parsnip, and Potato Pancakes (**Israel**)
- ❑ Mulligatawny Soup (**India**)

Cinnamon Sweet Potato Fries (U.S.A.)

Makes 4 servings; ½ cup per serving
Per serving: 157 Calories; 0.0 g Saturated Fat; 90 mg Sodium

INGREDIENTS

- Cooking spray
- 1 ½ pounds sweet potatoes (about 2 medium), peeled and cut into sticks about ¼-inch thick
- ¾ teaspoon olive oil
- 2 teaspoons sugar
- ½ teaspoon ground cinnamon

DIRECTIONS

1. Preheat the oven to 425°F. Lightly spray a rimmed baking sheet with cooking spray.
2. Put the sweet potatoes in a large bowl. Stir in the oil to coat. Arrange the sweet potatoes in a single layer on the baking sheet. Lightly spray them with cooking spray.
3. Bake for 10 minutes. Rearrange the sweet potatoes on the baking sheet if they're browning unevenly. Bake for 10 minutes. Turn over the sweet potatoes. Bake for 5 minutes, or until lightly browned on the outside and soft on the inside when pierced with a fork. If the edges are browning too quickly, reduce the oven temperature to 400°F.
4. Meanwhile, in a small bowl, stir together the sugar and cinnamon. When the sweet potatoes are cooked, remove from the oven. Sprinkle them with the sugar mixture, turning to coat. Serve immediately. (The moisture in the sweet potatoes causes them to lose their crispness quickly.)

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Coconutty Salmon Stew (Brazil)

Makes 4 servings; 1 ½ cups per serving
Per serving: 285 Calories; 1.0 g Saturated Fat; 340 mg Sodium

INGREDIENTS

- 2 tablespoons grated peeled gingerroot and 1 tablespoon grated peeled gingerroot, divided use
- 3 large garlic cloves, finely chopped
- 1 tablespoon cumin seeds, crushed
- ½ teaspoon olive oil
- Cooking spray
- 2 medium green bell peppers, cut lengthwise into strips about ½ inch wide
- ½ cup red onion slices (¼ inch thick)
- 8 ounces sweet potatoes, peeled and cut into ¼-inch rounds
- ½ teaspoon paprika
- ¼ teaspoon salt
- 2 salmon steaks with skin (about 8 ounces each), bones discarded, rinsed and patted dry
- ½ teaspoon crushed red pepper flakes
- 1 14.5-ounce can no-salt-added diced tomatoes, well drained
- 2 tablespoons chopped fresh cilantro and 1 tablespoon chopped fresh cilantro, divided use
- 1 6-ounce container fat-free plain yogurt
- 2 teaspoons cornstarch
- 2 teaspoons coconut extract
- 1 tablespoon fresh lime juice

DIRECTIONS

1. Heat a small nonstick skillet over medium heat for 2 minutes. Meanwhile, in a small bowl, stir together 2 tablespoons gingerroot, the garlic, cumin seeds, and oil. Cook for 7 minutes, stirring frequently. Set aside.
2. Meanwhile, lightly spray a 3- to 4-quart slow cooker with cooking spray. Add the bell peppers and onion. Stir and spread over the bottom. Add the sweet potatoes.
3. Rub the paprika, salt, and gingerroot mixture into the flesh side of the fish. Sprinkle with the red pepper flakes. Set on the sweet potatoes. Add the tomatoes and 2 tablespoons cilantro. Cook, covered, on low (don't use high) for 4 hours, or until the sweet potatoes are almost tender and the fish flakes easily when tested with a fork. Transfer the fish to a cutting board. Cover loosely with aluminum foil.
4. In a small bowl, whisk together the yogurt and cornstarch. Stir in the remaining 1 tablespoon gingerroot and the coconut extract. Stir into the stew. Turn the slow cooker to high and cook for 30 minutes, or until the sweet potatoes are tender and the sauce is hot.
5. Meanwhile, discard the skin from the fish. Cut the fish into ½-inch cubes. Re-cover with the foil. After the 30 minutes, gently stir the fish, the remaining 1 tablespoon cilantro, and the lime juice into the stew.

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Shepherd's Pie (England)

Makes 4 servings; 1 ¾ cups per serving
Per serving: 255 Calories; 2.0 g Saturated Fat; 281 mg Sodium

INGREDIENTS

- ❑ 1 pound extra-lean ground beef
- ❑ 1 cup fat-free, low-sodium beef broth and ½ cup fat-free, low-sodium beef broth, divided use
- ❑ 1 teaspoon pepper
- ❑ 2 medium dried bay leaves
- ❑ 2 whole cloves
- ❑ Dash of dried thyme, crumbled
- ❑ 2 medium carrots, thinly sliced
- ❑ 1 large onion, thinly sliced
- ❑ 4 ounces button mushrooms, sliced
- ❑ 2 medium ribs of celery, diced
- ❑ 10 ounces frozen chopped spinach, thawed and squeezed dry
- ❑ Cooking spray
- ❑ 1 tablespoon plus ¾ teaspoon all-purpose flour
- ❑ 1 pound sweet potatoes, peeled, cooked, and diced
- ❑ ½ cup fat-free milk
- ❑ 1 tablespoon light tub margarine
- ❑ 1 tablespoon very thinly sliced green onion (green part only)
- ❑ ¾ cup shredded low-fat Cheddar cheese

DIRECTIONS

1. In a large skillet, cook the beef over medium-high heat for 8 to 10 minutes, or until no longer pink, stirring frequently to turn and break up the beef. Stir in 1 cup broth, the pepper, bay leaves, cloves, and thyme. Reduce the heat and simmer, covered, for 30 minutes. Stir in the carrots, onion, mushrooms, celery, and spinach. Simmer, covered, for 4 to 5 minutes, or until the vegetables are tender. Discard the bay leaves and cloves.
2. Meanwhile, preheat the oven to 375°F. Lightly spray a medium casserole dish with cooking spray.
3. Put the flour in a small bowl. Gradually pour in the remaining ½ cup broth, whisking constantly to dissolve the flour and form a smooth paste. Stir into the beef mixture. Simmer for 5 minutes, or until slightly thickened. Pour into the casserole dish.
4. In a large bowl, mash the sweet potatoes with the milk and margarine. Stir the green onion into the potatoes. Spread over the beef mixture. Sprinkle the Cheddar on top. Bake for 10 minutes.

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Roasted German Potato Salad (Germany)

Makes 4 servings; ½ cup per serving
Per serving: 126 Calories; 1.0 g Saturated Fat; 155 mg Sodium

INGREDIENTS

- ❑ Cooking spray
- ❑ 12 ounces baby red potatoes (about 5), cut into eighths (about 1-inch pieces)
- ❑ ½ teaspoon olive oil and ½ teaspoon olive oil, divided use
- ❑ 2 slices turkey bacon, chopped
- ❑ ¾ cup chopped onion
- ❑ 1 cup loosely packed spinach, stems discarded
- ❑ ¼ teaspoon caraway seeds

Dressing

- ❑ 1 tablespoon chopped fresh chives
- ❑ 2 teaspoons olive oil (extra virgin preferred)
- ❑ 1 teaspoon cider vinegar
- ❑ ½ teaspoon spicy brown mustard
- ❑ ¼ teaspoon pepper

DIRECTIONS

1. Preheat the oven to 425°F. Lightly spray a small rimmed baking sheet with cooking spray.
2. Put the potatoes in a medium bowl. Lightly spray the potatoes with cooking spray. Stir to coat. Arrange in a single layer on the baking sheet. Roast for 25 minutes, or until the potatoes are golden brown and tender when pierced with the tip of a sharp knife.
3. Meanwhile, in a medium nonstick skillet, heat ½ teaspoon oil over medium heat, swirling to coat the bottom. Cook the bacon for 2 minutes, stirring occasionally. Stir in the onion and the remaining ½ teaspoon oil. Cook for 3 to 4 minutes, or until the bacon is lightly browned and the onion is soft, stirring frequently. Add the spinach. Cook for 2 to 3 minutes, or until the spinach is wilted. Remove from the heat.
4. Stir in the caraway seeds. Cover to keep warm.
5. In a small bowl, whisk together the dressing ingredients.
6. In a medium bowl, toss together the potatoes, bacon mixture, and dressing. Serve warm.

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Spanish-Style Potato Tortilla (Spain)

Makes 6 servings; 1 wedge per serving
Per serving: 152 Calories; 2.0 g Saturated Fat; 183 mg Sodium

INGREDIENTS

- ❑ 1 tablespoon olive oil
- ❑ 1 pound potatoes, quartered lengthwise, then thinly sliced crosswise
- ❑ 1 medium onion, chopped
- ❑ 1 ½ cups egg substitute
- ❑ ½ cup shredded manchego curado cheese
- ❑ 1 4-ounce jar diced pimiento, drained well

DIRECTIONS

1. Preheat the oven to 400°F.
2. In a medium ovenproof skillet, heat the oil over medium-high heat, swirling to coat the bottom.
3. In a large bowl, stir together the potatoes and onion. Transfer the mixture to the skillet. Using a spatula, gently spread and press it into an even layer. Reduce the heat to low. Cook, covered, for 10 to 12 minutes, or until the potatoes are just tender.
4. Meanwhile, in a large bowl, whisk together the egg substitute, manchego, and pimiento. Pour over the potato mixture. Don't stir. Bake for 10 to 15 minutes, or until the tortilla is set. Slide the tortilla onto a serving plate, or serve directly from the skillet. Cut into 6 wedges.

Cook's Tip on Manchego Cheese: Manchego is a Spanish cheese made of sheep's milk in the La Mancha region. The curado version has been aged and has a mild, nutty flavor and creamy texture. It's commonly found in grocery stores.

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Hungarian Goulash Soup (Hungary)

Makes 6 servings; 1 cup per serving
Per serving: 120 Calories; 0.5 g Saturated Fat; 230 mg Sodium

INGREDIENTS

- ❑ 1 tablespoon olive or canola oil
- ❑ ½ cup yellow onion, diced
- ❑ 1 medium garlic clove, minced
- ❑ 1 tablespoon paprika
- ❑ 4 cups fat-free, low-sodium vegetable broth
- ❑ 8 ounces boneless eye-of-round steak, all visible fat discarded, cooked and diced
- ❑ 1 medium carrot, peeled and thinly sliced
- ❑ ½ cup canned no-salt-added diced tomatoes, drained
- ❑ ½ teaspoon pepper
- ❑ ¼ teaspoon salt
- ❑ 2 pinches whole caraway seeds
- ❑ 1 ½ cups raw, peeled, chopped potatoes
- ❑ 1 tablespoon chopped fresh parsley

DIRECTIONS

1. In a stockpot, heat the oil over medium heat, swirling to coat the bottom. Add the onion and garlic. Cook for 3 to 5 minutes, or until the onion is soft, stirring frequently. Stir in the paprika. Cook for 2 minutes. Add the broth, beef, carrot, tomatoes, pepper, salt, and caraway seeds. Bring the soup to a boil. Reduce the heat and simmer, covered, for 30 minutes.
2. Stir in the potatoes. Simmer for 15 to 20 minutes, or until the potatoes are fork-tender. Remove from the heat. Keep covered until serving time. Just before serving, stir in the parsley.

Cook's Tip: This recipe can also be made in a slow cooker. Use uncooked lean beef, such as the eye-of-round steak. Put all the ingredients except the parsley in the slow cooker. Stir to combine. Cover and cook on high heat for 4 to 6 hours, or until the beef is tender.

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Harissa Roasted Vegetables (Morocco, Algeria, Tunisia, and Libya)

Makes 4 servings; ½ cup per serving
Per serving: 140 Calories; 0.5 g Saturated Fat; 170 mg Sodium

INGREDIENTS

- ❑ 2 medium potatoes, chopped
- ❑ 1 ½ teaspoons olive or canola oil and 1 teaspoon olive or canola oil, divided use
- ❑ ½ medium red bell pepper, chopped
- ❑ ¼ medium tomato, chopped
- ❑ ¼ cup diced yellow onion
- ❑ 1 medium garlic clove, minced
- ❑ ¼ teaspoon salt
- ❑ ¼ teaspoon ground cumin
- ❑ ¼ teaspoon ground coriander
- ❑ ¼ teaspoon paprika
- ❑ ¼ teaspoon pepper
- ❑ 1 teaspoon lemon juice
- ❑ ½ pepper, from chipotle peppers canned in adobo sauce

DIRECTIONS

1. Preheat the oven to 425°F. In a medium bowl, stir together the potatoes and 1 ½ teaspoons oil until the potatoes are coated. Transfer the potatoes to a large baking sheet, arranging them in a single layer. Roast for 20 to 30 minutes. Remove from the oven. Let cool.
2. Meanwhile, for the harissa, place the bell pepper, tomato, and onion on a separate large baking sheet. Sprinkle the remaining 1 teaspoon oil, the garlic, and salt over the vegetables. Stir to coat. Roast for 15 to 20 minutes, or until the vegetables are caramelized. Remove from the oven. Let cool.
3. In a small skillet, heat the cumin, coriander, paprika, and pepper over medium heat for 30 to 60 seconds, or until the spices are fragrant, stirring constantly. Watch carefully so the spices don't burn. Remove from the heat. Let cool.
4. Transfer the bell pepper mixture and the cumin mixture to a food processor or blender. Process for 2 to 3 minutes, or until well blended.
5. Place the potatoes on a serving platter. Spoon the harissa over the potatoes.

Cook's Tip: Harissa is thick and paste-like. If the harissa needs more liquid during blending, add a combination of ½ teaspoon olive or canola oil, ½ teaspoon fresh lemon juice, and ½ teaspoon water to the mixture.

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Carrot, Parsnip, and Potato Pancakes (Israel)

Makes 6 servings; 4 pancakes per serving
Per serving: 178 Calories; 0.0 g Saturated Fat; 334 mg Sodium

INGREDIENTS

- ❑ 1 pound potatoes (about 3 medium), coarsely grated and squeezed dry
- ❑ 1 ¼ cups egg substitute
- ❑ 2 medium carrots, coarsely grated and squeezed dry
- ❑ 1 medium parsnip, coarsely grated and squeezed dry
- ❑ 1 small onion, minced
- ❑ 3 tablespoons chopped fresh chives or green onions (green part only)
- ❑ 2 tablespoons all-purpose flour
- ❑ 2 tablespoons plain dry bread crumbs (lowest sodium available)
- ❑ ¼ teaspoon salt
- ❑ Pepper to taste

Sauce

- ❑ 1 cup fat-free sour cream
- ❑ 1 tablespoon chopped fresh dillweed
- ❑ 1 tablespoon bottled white horseradish, drained
- ❑ 1 tablespoon fresh lemon juice
- ❑ ⅛ teaspoon salt

DIRECTIONS

1. In a small bowl, whisk together the sauce ingredients. Cover and refrigerate until serving time.
2. In a large bowl, stir together the remaining ingredients.
3. Heat a large nonstick griddle or skillet over medium heat. Drop heaping tablespoons of the potato mixture onto the griddle, using the back of a spoon to flatten the pancakes slightly. Cook for 3 to 4 minutes on each side, or until golden brown. Transfer to a serving platter. Stirring to combine between batches as needed, cook the remaining batter. You should get about 24 pancakes.
4. About 10 minutes before serving time, remove the sauce from the refrigerator. Let stand to bring to room temperature. Serve the pancakes hot or at room temperature with the sauce.

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Mulligatawny Soup (India)

Makes 8 servings; 1 ¼ cups per serving
Per serving: 267 Calories; 1.0 g Saturated Fat; 109 mg Sodium

INGREDIENTS

- ❑ 1 tablespoon curry powder
- ❑ 1 teaspoon ground cumin
- ❑ ½ teaspoon paprika
- ❑ ½ teaspoon ground cinnamon
- ❑ ½ teaspoon ground turmeric
- ❑ ½ teaspoon dried thyme, crumbled
- ❑ ¼ teaspoon ground coriander
- ❑ ¼ teaspoon pepper (freshly ground preferred)
- ❑ ⅛ teaspoon cayenne (optional)
- ❑ 2 tablespoons canola or corn oil
- ❑ 1 large onion, chopped
- ❑ 1 tablespoon minced peeled gingerroot (about 1-inch piece)
- ❑ 3 medium garlic cloves, minced
- ❑ 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch pieces
- ❑ 2 small tart apples, such as Granny Smith, Braeburn, or Jonagold, cut into ½-inch cubes
- ❑ 1 cup dried red lentils, sorted for stones and shriveled lentils, rinsed, and drained
- ❑ 1 large sweet potato, peeled and cut into ½-inch cubes
- ❑ 4 cups fat-free, low-sodium chicken broth
- ❑ ½ cup lite coconut milk
- ❑ 2 tablespoons chopped fresh cilantro (optional)

DIRECTIONS

1. In a small bowl, stir together the curry powder, cumin, paprika, cinnamon, turmeric, thyme, coriander, pepper, and cayenne. Set aside.
2. In a Dutch oven or large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring frequently. Stir in the ginger and garlic. Cook for 2 to 3 minutes, stirring frequently. Stir in the curry powder mixture. Cook for 2 to 3 minutes, or just until fragrant, stirring constantly.
3. Stir in the chicken, apples, lentils, and sweet potato. Cook for 2 to 3 minutes, stirring constantly to combine well. Stir in the broth. Bring to a boil. Reduce the heat to medium low. Simmer for 25 to 30 minutes, or until the lentils are tender and the chicken is no longer pink in the center.
4. Gradually stir in the coconut milk. If desired, transfer 2 to 3 cups of the soup to a food processor or blender (vent the blender lid). Process until smooth and creamy. Carefully return the processed soup to the pot, stirring to combine. Cook for 5 to 8 minutes, or until heated through. Garnish with the cilantro.

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SEASONS **OF EATING**

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING **SUMMER** **FALL** **WINTER**

artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard



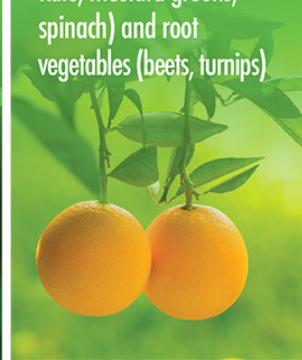
berries, corn, cucumbers, eggplant, figs, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini



apples, brussels sprouts, dates, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes



bok choy, broccoli, cauliflower, celery, citrus fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), collard greens, endive, leafy greens (collards, kale, mustard greens, spinach) and root vegetables (beets, turnips)



KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- 1** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- 2** Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
- 3** Gardening gives you fresh seasonal produce and a little exercise, too. The sense of accomplishment you'll feel will make that produce taste even better!
- 4** Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- 5** Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- 6** Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- 7** Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
