

# GET THE FACTS ON: *Dehydrated Potatoes*



Dehydrated (or instant) potatoes deliver all the flavor and versatility of real, fresh potatoes because they are real potatoes, minus the water. Thanks to the careful processing techniques used, instant potato products retain most of their nutrition.

## BENEFITS & INGREDIENT INSIGHTS

Dehydrated potatoes are an affordable, versatile, and convenient option that are commonly available in food pantries. Their long shelf life makes them an ideal pantry staple, reducing food waste and ensuring a nutritious ingredient is always on hand, even when fresh produce isn't available. Quick to prepare, they save time in the kitchen, making them a great choice for individuals with busy schedules or limited resources. Some products may contain additives for flavor, texture, and shelf life, so it's important to check ingredient labels for dietary restrictions.

## MEAL IDEAS

**POWERED-UP MASH:** Add protein to your mashed potatoes by making them with Greek yogurt and milk. Add your favorite herbs and spices for a custom mash.

**BUILD A BOWL:** Mashed potatoes also make the perfect base for bowls. For a nutrient-packed Southwestern-style bowl, add corn (fresh, canned, or frozen), black beans, and a heaping spoonful of salsa to warm mashed potatoes for a filling lunch.

**GLUTEN-FREE GRAVY:** Simply whisk in dehydrated flakes to hot pan drippings and simmer for a few minutes for a no-flour gravy alternative.

## NAVIGATING THE GROCERY AISLE



### POTATO FLAKES:

Ideal for mashed potatoes, thickening, and baking. Flakes are the most common type available and can be used as a gluten-free thickener for soups, stews, and sauces.



### POTATO FLOUR:

Finely ground and ideal for gluten-free baking, thickening soups, or binding ingredients in recipes like meatloaf or veggie patties.



### INSTANT MASHED POTATOES:

A convenient option for quick mashed potatoes in minutes.



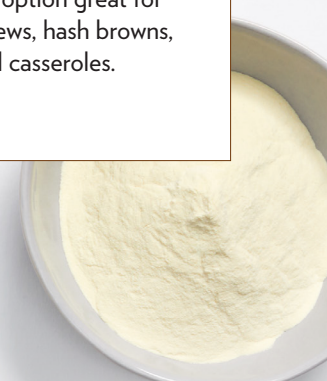
### POTATO SHREDS & PIECES:

A shelf-stable and pantry friendly option great for soups, stews, hash browns, and casseroles.

## PRO TIPS:

Mix  $2/3$  cup dehydrated potatoes with 1 cup hot liquid for quick and easy mashed potatoes.

Plain potato flakes offer a neutral flavor which makes them perfect for personalization.



## Easy Potato Gnocchi

MAKES: 6 SERVINGS



200 calories  
1.5g fat  
5g sat fat  
60mg cholesterol  
25mg sodium  
18g carbohydrates  
1g fiber

0g sugar  
0g added sugar  
4g protein  
10mg vitamin C  
100mg calcium  
.9mg iron  
160mg potassium

**PREPARATION**

**INGREDIENTS**

1 1/4 cups potato flakes/instant potatoes  
1 1/4 cups water  
1 large egg

1 egg yolk  
1/2 cup all-purpose flour

- In a bowl, rehydrate potato flakes by evenly pouring water over them and stirring to combine.
- Stir in the egg and egg yolk. Evenly sprinkle flour over the potato mixture and gently mix until the dough just comes together. The dough should be soft and supple, not sticky, and hold an indent when pressed.
- Cut dough into thirds. Lightly flour your work surface and roll each portion into a long rope. Cut ropes into 1-inch pieces and roll each piece into a ball. Place gnocchi on a floured baking sheet while you finish the rest.
- If you would like ridges, roll each ball on a gnocchi board or the back of a fork.
- Bring a large pot of salted water to a boil, then reduce to a simmer. Add gnocchi and poach until they float (2-3 minutes). Remove with a slotted spoon and briefly place in cold water to stop cooking. Dry on paper towels.
- Finish by sautéing in butter or oil, or boil again and add to sauces, soups, or stews. To freeze, place gnocchi on an oiled baking sheet in the freezer overnight, then transfer to a resealable bags.



270 calories  
12g fat  
7g sat fat  
35mg cholesterol  
760mg sodium  
32g carbohydrates  
6g fiber

9g sugar  
0g added sugar  
11g protein  
12mg vitamin C  
250mg calcium  
1.5mg iron  
710mg potassium

**INGREDIENTS**

6 cups prepared mashed potatoes (using leftovers, fresh, or dehydrated)  
1 cup crumbled feta cheese  
1 med eggplant, diced into 1/2" cubes  
1 med zucchini, diced into 1/2" cubes  
1 med yellow squash, diced into 1/2" cubes  
8 oz baby bella or white mushrooms, quartered  
1 tsp olive oil

2 garlic cloves, roughly chopped  
1/2 large yellow onion, diced  
1/2 cup dried red lentils  
2 cups unsalted vegetable stock  
30 oz canned fire-roasted diced tomatoes  
1/4 tsp salt  
1/2 tsp pepper  
2 tsp oregano  
1 1/2 cups shredded mozzarella cheese

**PREPARATION**

- Preheat oven to 350°F.
- Prepare mashed potatoes and fold in crumbled feta. Set aside.
- Sprinkle 1/2 tsp of salt over the eggplant, zucchini, squash, and mushrooms. Let sit for 5-10 minutes. Rinse, drain, and pat dry.
- Heat oil in a pot over medium heat. Sauté garlic and onions until translucent.
- Add lentils and stock; simmer 8-10 minutes until liquid reduces.
- Add tomatoes, vegetables, salt, pepper, and oregano; simmer 15-20 minutes until lentils are tender, but still slightly firm.
- Pour vegetable-lentil mixture into a 13x9 baking dish, spread on mashed potatoes covering vegetable-lentil mixture completely, and top with mozzarella cheese.
- Bake 10-15 minutes until bubbly.