



GET THE FACTS ON: *Frozen Potatoes*

Frozen potato products are potatoes, picked from the field, washed, preheated, cut into various shapes, and quick-frozen to lock in flavor and nutrients. This preserves the potato's natural goodness while extending shelf life, so nutrient loss is minimal. With so many forms and cooking options, they can be a staple in any meal at any time of day.

BENEFITS & INGREDIENT INSIGHTS

Frozen potatoes deliver the same nutrients as fresh potatoes, including potassium, vitamin C, complex carbohydrates, and fiber. With a long shelf life, they help reduce food waste, save prep time, and offer a convenient option for meals and snacks. They're easy to prepare in an air fryer, on the stovetop, or in the oven. Some frozen products may contain salt, flour, or other ingredients, so it's important to check ingredient labels for dietary restrictions.

MEAL IDEAS

AVOCADO TOAST: Top an air-fried hash brown with avocado, everything bagel seasoning, and an egg for a quick and delicious breakfast.

MEDITERRANEAN MASHED POTATO BOWL: Season chickpeas with garlic, oregano, and lemon and toss with tomatoes, cucumber, cooked broccoli, and feta cheese atop microwaved mashed potatoes for a quick lunch or dinner.

TAKE A DIP:
Baked potato wedges are ideal for dipping. Try these fun combos to pair with wedges:

Greek yogurt + garlic powder + squeeze of lemon + dill

Hummus

Smashed avocado + cilantro + squeeze of lime + pinch of salt

Salsa

NAVIGATING THE GROCERY AISLE



SHREDDED/DICED:

Perfect for pan frying with other veggies, baking, or adding to one-pot meals. Use in veggie stir-fries with lean protein, add to soups, or top casseroles for a crunchy finish.



FRIES/PUFFS:

Pre-cut and ideal for air frying or baking. Top puffs with avocado and a poached egg for a veggie-loaded breakfast bowl.



HASH BROWN PATTIES:

Great for baking or air frying. Use as a gluten-free toast alternative by topping with sandwich toppings.



WEDGES:

Ideal for baking or air frying. Toss with salt and herbs for a flavorful side or serve with a dipping sauce.



MASHED:

Quick and convenient for heating in the microwave. Use as a base for bowls topped with beans and veggies, or try a reverse shepherd's pie.

PRO TIP: Cook frozen potatoes straight from the freezer for the best results!



RECIPE INSPIRATION

More recipes at PotatoGoodness.com

Egg & Veggie Hash Brown Cups

MAKES: 12 SERVINGS



INGREDIENTS

Hash Brown Cups

6 cups hash browns, shredded, frozen
 Cooking spray, as needed
 3 tbsp olive oil
 1 tbsp chopped fresh rosemary
 2 tsp paprika
 1/2 tsp salt
 1/2 tsp pepper

Egg & Veggie Mixture

8 large eggs
 3/4 cup spinach, torn
 1/2 cup diced tomatoes
 1/2 cup grated sharp cheddar cheese
 1 tsp salt
 Pepper, to taste
 Chopped chives (optional)

PREPARATION

1. Preheat oven to 350°F.
2. Thaw hash browns and pat dry.
3. Spray muffin tin with cooking spray.
4. Mix hash browns, olive oil, rosemary, paprika, salt, and pepper.
5. Press mixture into muffin cups to form a nest.
6. Bake 15-18 minutes; remove from oven.

7. Whisk eggs in a bowl.
8. Add spinach, tomatoes, cheese, salt, and pepper; mix well.
9. Pour egg mixture into hash brown cups; bake 20-22 minutes.
10. Cool slightly, loosen edges with a knife, and serve.
11. Garnish with chives, if desired.

210 calories
 11g fat
 3.5g sat fat
 135mg cholesterol
 420mg sodium
 20g carbohydrates
 2g fiber
 0g sugar
 0g added sugar
 9g protein
 10mg vitamin C
 100mg calcium
 1.7mg iron
 380mg potassium

Quick Chile Lime Potato Tacos

MAKES: 4 SERVINGS



INGREDIENTS

1 tbsp olive oil
 1/2 lb frozen diced potatoes
 2 cups frozen vegetable blend of choice, such as fajita or stir-fry
 1 tsp salt-free taco seasoning
 1/2 tsp salt
 1/2 cup red chile enchilada sauce, store-bought
 1/2 cup canned low-sodium black beans, drained and rinsed

8 small corn tortillas or crunchy taco shells, warmed
 1 lime, cut into 8 wedges

Optional Toppings:

Shredded cabbage or romaine lettuce
 Salsa or pico de gallo
 1/2 cup shredded reduced-fat Monterey Jack cheese

PREPARATION

1. Heat oil in a medium skillet. Once hot, add the frozen potatoes and cook for 3-4 minutes, or until they start to brown, stirring occasionally.
2. Add the remaining frozen vegetables and seasonings and cook, stirring frequently, for 5 minutes. Add enchilada sauce and simmer for 2-5 minutes to slightly thicken.
3. Add in the drained black beans and stir to combine. Remove the taco filling from heat.
4. Heat the tortillas in a dry skillet until slightly warmed and softened. Add the vegetable mixture to each tortilla. Top with desired toppings and serve with a lime wedge.

220 calories
 2.5g fat
 0g sat fat
 0mg cholesterol
 470mg sodium
 45g carbohydrates
 6g fiber
 3g sugar
 0g added sugar
 8g protein
 9mg vitamin C
 70mg calcium
 3mg iron
 800mg potassium