

# POTATO

# POWER

POTATO PERFORMANCE RECIPES



**Potatoes.** Real Food. Real Performance.™

**WHAT ARE YOU EATING?™**

# RECIPES TO FUEL YOU BEFORE, DURING AND AFTER YOU EXERCISE

## THE POWERFUL POTATO



To fuel your performance, look no further than the potato. Did you know that potatoes provide the carbohydrate, potassium and energy you need to perform at your best? Potatoes are more energy-packed than any other popular vegetable and a medium-sized potato with the skin has even more potassium than a medium-sized banana.



| 3

## MEET OUR EXPERTS IN NUTRITION & ATHLETIC PERFORMANCE



**ALLEN  
TRAN, MS, RD, CSSD**

High Performance Dietitian and Chef for the U.S. Ski and Snowboard Association

“Potatoes are a key component of my nutrition toolbox, as potatoes are a whole food, dense in carbohydrates and have key nutrients like potassium, vitamin C, and protein (a surprise for many!)”

— Allen Tran



**CARISSA  
BEALERT, RDN**

Registered Dietitian, certified personal trainer, marathon runner and race announcer for RunDisney

Find Carissa on:  
Instagram @carissaanng | Twitter @CarissaAnnB

“As a runner myself, I choose potatoes for peak performance for their quality carbohydrates to fuel my body and keep me mentally sharp throughout a workout. I also love the potassium boost to help aid recovery.”

— Carissa Bealert



**CHEF GLENN  
LYMAN**

Chef and Owner of “GCooks,” a personal chef and meal planning service for professional and Olympic athletes

Find Chef Glenn on:  
Instagram @Gcooks22 | Twitter @GCooks

“The professional athletes that I cook for trust me to make the best decisions when creating a meal plan that powers their performance, both mentally and physically. I turn to the potato for an energy-packed canvas to build on. As a personal chef, the most difficult thing to do is bring variety to the table and the potato gives me the ability to change up the menus day-to-day with so many tasty options.”

— Chef Glenn Lyman



**LESLIE  
BONCI, MPH, RD, CSSD, LDN**

Nutrition consultant for the Kansas City Chiefs, Carnegie Mellon University athletics, the Pittsburgh Ballet Theatre and the WNBA

Find Leslie on:  
Instagram @boncilj | Twitter @lesliebonci

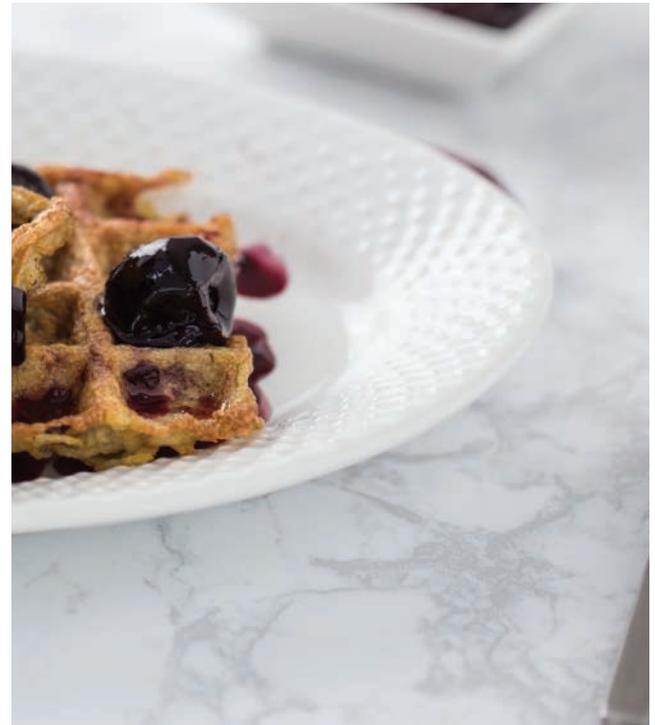
“I love potatoes for their versatility, affordability and applicability to all types of culinary options. The carbohydrate, fiber and potassium make them a great choice for workouts and offer a change of pace and taste from other sports focused foods.”

— Leslie Bonci

BEFORE



A medium potato with the skin has 110 calories and is more energy-packed than any other popular vegetable.<sup>1</sup>





## PORTABLE EGG & POTATO MINI FRITTATAS

Mini potato and egg frittatas are prepared in a muffin tin, perfect for on-the-go pre-workout breakfasts. A range of flavor customizations means there's a frittata option for everyone to enjoy!

Ready Time:  
45 minutes

Serves: 4

Developed by:  
Allen Tran, MS, RD, CSSD

## INGREDIENTS

- Nonstick cooking spray
- 1 lb. medium-size red and yellow potatoes, cut into 1/4-inch cubes
- 3/4 cup chopped onion
- 1/2 cup 1/4-inch diced red bell pepper
- 4 eggs
- 2 egg whites
- 1/4 cup 2% milk
- 3/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/4 cup finely crushed seasoned croutons

## PREPARATION

1. Preheat oven to 400°F and coat 12 muffin cups liberally with nonstick cooking spray.
2. Place potatoes, onion and bell pepper in a microwave-safe bowl. Cover with plastic wrap and poke a small hole to vent. Microwave on HIGH for 10 minutes or until potatoes are tender. Place equal amounts in muffin cups.
3. Whisk together eggs, egg whites, milk and seasonings in a large measuring cup; pour equal amounts into each muffin cup and top with crushed croutons.
4. Bake for 12 to 15 minutes or until eggs are puffed and lightly browned. Let cool slightly, then loosen from muffin cups with a butter knife or other small knife. Makes 4 servings.

## NOTES

**Time-Saving Tips:** These mini frittatas store great in the freezer. Place leftover egg “muffins” in a Ziploc bag and arrange in one single flat layer. Store them in the freezer. To reheat, put in the microwave for 1 minute.

Visit [PotatoGoodness.com/PerformanceRecipes](https://www.potatogoodness.com/performance-recipes) for more flavor variations on this recipe developed by Allen Tran, MS, RD, CSSD, including:

**Indian Curry | Italian Florentine with Sun-Dried Tomato and Spinach | Denver**

Per serving (3 frittatas): Calories: 210, Fat: 6g, Cholesterol: 215mg, Sodium: 630mg, Carbohydrates: 30g, Fiber: 3g, Potassium: 202mg, Protein: 11g, Vitamin C: 30mg

Potatoes contribute key nutrients to the recommended daily value for potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium.<sup>2</sup>



## HASH BROWN WAFFLES WITH TART CHERRY SYRUP

Protein and carbohydrate combine to make this tasty pre-workout meal a powerhouse addition to your plan for absorbable power and energy with speedy recovery.

Ready Time:  
30 minutes

Serves: 4

Developed by:  
Chef Glenn Lyman

### INGREDIENTS

(FOR HASH BROWNS)

- 1 1/4 lbs. yellow potatoes, with skin-on, grated
- 1 large egg and 4 egg whites
- 1 1/2 tablespoons olive oil
- Non-stick cooking spray
- 1/2 teaspoon cinnamon
- 1 pinch cayenne pepper
- Sea salt and pepper to taste

(FOR SYRUP)

- 12 oz. bag frozen tart cherries or fresh pitted
- 2 tablespoons water
- 1/4 cup organic cane sugar or honey

### PREPARATION

(FOR SYRUP)

1. In a small saucepan, bring cherries, sugar and water to a boil over medium-high heat. Reduce heat to medium-low and simmer uncovered for 15-20 minutes or until the cherries cook down and the mixture starts to thicken to a syrup consistency. Remove from heat. It will continue to thicken as it sits.

Optional: Blend using food processor or blender if you prefer a thinner syrup.

(FOR WAFFLES)

1. Preheat waffle iron to medium-high setting. Meanwhile, squeeze excess water out of grated potatoes using a clean kitchen towel.
2. In a medium bowl, mix together potatoes, eggs, olive oil, cinnamon, cayenne, salt and pepper.
3. Spray waffle iron with a non-stick cooking spray. Spoon a layer of potato mixture onto the surface leaving about 1/2-inch from the edges. Close the lid and cook for about 5 minutes, checking occasionally. Continue to cook for about 2 more minutes or until golden brown.
4. Transfer to a warm oven while you finish the remaining batches. Serve with warm cherry syrup.

Note: If the waffle iron lid doesn't close all the way at first, close it slightly and let cook for 2 minutes before pressing the lid down completely.

### NOTES

**Time-Saving Tips:** Use pre-shredded refrigerated potatoes if you don't have time to make your own. The waffle recipe can be completed ahead of time and stored in the freezer for up to 2 weeks. Reheat in a 350-degree oven for 10-12 minutes or until heated through. Syrup can be made ahead and stored in an airtight container in the refrigerator for up to 7 days.

**Customizations:** Add in just about anything you like to these waffles! Ideas include: diced bell peppers, minced onion, fresh herbs or cooked turkey bacon or ham, chopped.

Per serving (2 waffles and 1/4 cup tart cherry syrup): Calories: 294, Fat: 7 g, Cholesterol: 53 mg, Sodium: 109 mg, Carbohydrates: 54 g, Fiber: 5 g, Potassium: 820 mg, Protein: 9 g, Vitamin C: 36 mg



## POTATO POPPERS WITH TURMERIC

This portable powerhouse snack is simple to prepare and packs a punch with bright flavors and herbs and spices. There are unlimited variations to keep you fueled throughout your workout day after day.

Ready Time:  
20 minutes

Serves: 5

Developed by:  
Chef Glenn Lyman

### INGREDIENTS

- 1 1/2 lbs. petite potatoes (any color)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground turmeric
- 1 pinch crushed red pepper
- 1 pinch cayenne pepper
- Sea salt and pepper to taste
- 2 tablespoons fresh chives, chopped

### PREPARATION

1. Steam potatoes (with skin on) in a large, covered saucepan with 1 inch of lightly salted water for about 12 minutes, or until tender, drain.
2. Toss immediately with olive oil, lemon, turmeric, peppers and salt. Allow to cool slightly and toss with chopped fresh chives.
3. Divide into equal portions and store in re-sealable plastic bags in the refrigerator for easy access during the week.

### NOTES

**Time-Saving Tips:** This recipe can be prepared in advance and stored in the refrigerator for up to 4 days. Serve at room temperature within 2 hours of refrigeration.

**Customizations:** Try substituting in fresh herbs like parsley, mint, cilantro, basil, or tarragon. Mix and match the spices to your preferences. Try curry powder or chili powder with ground cumin and granulated garlic. The possibilities are endless!

Per serving (8 petite potatoes): Calories: 154, Fat: 6 g, Cholesterol: 0 mg, Sodium: 28 mg, Carbohydrates: 25 g, Fiber: 3 g, Potassium: 584 mg, Protein: 3 g, Vitamin C: 28 mg

Some research suggests that potatoes may help with satiety. Evidence from single meal studies suggests that potatoes may help stave off hunger better than other common sides (e.g., pasta, rice and bread).<sup>3,4,5</sup>



## HASH BROWN AND EGG NESTS

A mixture of egg whites and veggies are nested inside of hash browns and cooked in a muffin tin, creating a perfect portable pre-exercise meal.

Ready Time:  
70 minutes

Serves: 4

Developed by:  
Carissa Bealert, RDN

### INGREDIENTS

- 4 cups of refrigerated pre-shredded potatoes
- 1 teaspoon garlic powder
- 1/4 cup chopped onion
- 1/2 cup diced bell peppers
- 5 liquid egg whites
- 4 teaspoons salsa
- 1/4 cup shredded cheddar cheese
- Olive oil spray
- Salt and pepper to taste

### PREPARATION

1. Preheat oven to 375°F. Spray a muffin tin with oil or non-stick spray.
2. Combine potato shreds with garlic powder, salt and pepper. Evenly distribute potato mixture in muffin tins and press the mixture in the middle using a spoon so that it forms a nest.
3. Bake 30-35 minutes or until its golden brown with crisp edges. While nests are baking, combine eggs, onions, peppers, and salsa in a bowl.
4. When nests are golden brown, remove from oven and fill each one with 1/4 cup of egg mixture. Top with cheese.
5. Bake 15-20 minutes until eggs are cooked.

Optional: Top with extra salsa as desired.

### NOTES

**Time-Saving Tips:** Prepare a batch of Hash Brown & Egg Nests on Sunday, and store in the refrigerator (or freezer) to enjoy all week long.

**Customizations:** Toss in any leftover vegetables you might have on hand. If desired, add meat such as red chopped turkey bacon, ham, or turkey sausage.

Per serving (3 nests per serving): Calories: 208, Fat: 3 g, Cholesterol: 9 mg, Sodium: 614 mg, Carbohydrates: 36 g, Fiber: 4 g, Potassium: 701 mg, Protein: 5 g, Vitamin C: 57 mg

Numerous studies have suggested carbohydrate may be the primary macronutrient for sustaining and improving physical performance.<sup>6</sup>



## POTATO PANCAKES WITH APPLE BUTTER

Ready Time:  
30 minutes

Serves: 4

Developed by:  
Leslie Bonci, MPH, RD,  
CSSD, LDN

**Meal prep at its best! Make a batch of potato pancakes and freeze them for easy-to-reheat pre-workout fuel to enjoy throughout the week. Top with apple butter for a sweet addition.**

### INGREDIENTS

- 2 packed cups of refrigerated potato shreds
- 3 tablespoons crushed cereal (such as Rice Krispies)
- 1 extra large egg, beaten
- 1 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon grated orange peel
- 2 tablespoons canola oil
- 1 cup apple butter

### PREPARATION

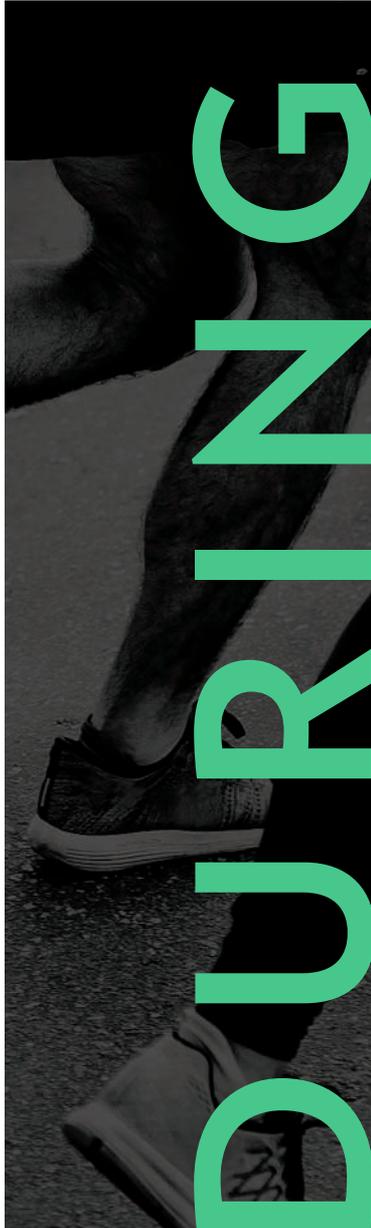
1. Mix potato shreds, crushed cereal, beaten egg, spices and grated orange peel together in large bowl until well combined.
2. Heat 2 tablespoons of the oil in a non-stick skillet. With a small ice cream scoop, about 1-1/2 tablespoon. and drop about 6 scoops into the hot skillet.
3. Cook pancakes for 2-3 minutes, or until golden brown. Flip and cook for another 2-3 minutes or until golden brown and crisp on other side and transfer to plate to cool. Repeat with remaining potatoes.
4. Top with a dollop of apple butter and enjoy.

### NOTES

**Time-Saving Tips:** Make the pancakes ahead and freeze them. Re-heat in the toaster oven as needed.

**Customizations:** Add in shredded carrots for an extra boost of Vitamin A. Use ground crackers or flour instead of cereal to try a new texture. Top with pumpkin butter instead of apple butter for a seasonal twist. Grate your own potatoes instead of using pre-shredded potatoes. Peel and grate two Russet potatoes using a grater or a food processor with a grater attachment.

Per serving (3 pancakes topped with apple butter): Calories: 306, Fat: 8 g, Cholesterol: 59 mg, Sodium: 486 mg, Carbohydrates: 54 g, Fiber: 2.5 g, Potassium: 815 mg, Protein: 5.5 g, Vitamin C: 14 mg



18 |



Potassium is an important electrolyte that aids in muscle, cardiovascular and nervous system function. A medium potato with the skin contains 620 milligrams of potassium, more than medium-size banana.<sup>1</sup>

| 19



## PORTABLE POTATO CAKES

### (THAI LEMONGRASS CURRY POTATO CAKES)

Ready Time:  
50 minutes

Serves: 4

Developed by:  
Allen Tran, MS, RD, CSSD

Mashed potatoes are transformed into portable potato cakes for on-the-go exercise snacks. Flavor variations like Thai Lemongrass and French Herbs and Apples make customizing these snacks a breeze.

## INGREDIENTS

- 2 1/2 lbs. Russet potatoes, peeled and diced into 1/2 inch cubes
- 1 tablespoon salt
- 2 tablespoons flour

(FOR THAI LEMONGRASS CURRY MIXTURE)

- 2 to 3 teaspoon jarred Thai green curry paste (spice to taste)
- 1/4 cup green onion or chives, sliced
- Zest of 2 limes
- 3 eggs, beaten
- 2 teaspoon fresh lemongrass, minced

## PREPARATION

1. Put potatoes in a large pot, cover with water, add salt. Bring water to a boil, reduce to a simmer, and cook until potatoes can be pierced with a fork, about 10-15 minutes.
2. Drain potatoes and add back to pot. Use a potato masher to mash the potatoes until they have a creamy consistency (a few small lumps are okay) and add flour. Stir until combined.
3. In a large bowl, combine all ingredients for the Thai lemongrass curry mixture. Add in mashed potatoes and let mixture cool for 30 minutes.
4. Form into cakes about 3 inches in diameter and 1/2 inch thick.
5. Heat a skillet with 1 tablespoon of olive oil over medium heat. (For the curry variations, try using coconut oil for extra flavor).
6. Add 3-4 patties in to pan and fry for about 3 min, turning over and cooking for another 2 minutes. Gently press on cakes for even browning. Remove from pan when deep golden brown on both sides. Repeat (adding more olive oil to pan if needed) for remaining mixture.
7. Serve immediately, or cool and store in plastic sandwich bags for eating on the go.

## NOTES

**Time-Saving Tips:** Substitute instant mashed potatoes.

Visit [PotatoGoodness.com/PerformanceRecipes](https://www.potatogoodness.com/performance-recipes) for more flavor variations on this recipe developed by Allen Tran, MS, RD, CSSD, including:

**Smoked Paprika and Chili | Indian Coconut Curry | French Herbs with Apples and Onion**

Per Serving (2 cakes per serving): Calories: 154, Fat: 6 g, Cholesterol: 0 mg, Sodium: 28 mg, Carbohydrates: 25 g, Fiber: 3 g, Potassium: 584 mg, Protein: 3 g, Vitamin C: 28 mg



## ZESTY MASHED POTATO SNACKERS

Mashed potatoes are quick to make when you use potato flakes. Adding in zest of lemon and a touch of fresh mint make these an ideal exercise snack that is a good source of potassium.

Ready Time:  
10 minutes

Serves: 2

Developed by:  
Carissa Bealert, RDN

### INGREDIENTS

- 3/4 cup dehydrated potato flakes
- 1 1/4 cups vegetable broth
- 1/2 tablespoon coconut oil
- 1/4 tablespoon salt
- Optional: Lemon zest and fresh mint

### PREPARATION

1. Combine broth, coconut oil and salt in a microwave safe bowl. Stir in potato flakes until combined.
2. Heat to a boil, about 4 minutes. Carefully remove from microwave and gently stir.

Optional: Add in 1-2 teaspoons fresh lemon zest and 1/2-1 teaspoon chopped fresh mint to taste.

### NOTES

**Time-Saving Tips:** This recipe cooks quickly and is best fresh or refrigerated no more than 5 days.

**Customizations:** Try using fruit juice, such as apple juice, as a substitution for some of the broth for an added sweetness to your mashed potatoes.

Per serving (1/2 cup): Calories: 116, Fat: 3g, Cholesterol: 0 mg, Sodium: 902 mg, Carbohydrate: 20g, Fiber: 1g, Potassium: 247 mg, Protein: 2 g, Vitamin C: 18 mg

Carbohydrate is important for optimal mental and physical performance. A medium potato with the skin has 26 grams of carbohydrate.<sup>1, 7, 8</sup>



## ON-THE-GO POTATOES

Ready Time:  
30 minutes

Serves: 8

Developed by:  
Leslie Bonci, MPH, RD,  
CSSD, LDN

Petite potatoes are coated in panko crumbs, sesame seeds and spice mix to make an easily-portable snack perfect for mid-hike or mid-bike.

## INGREDIENTS

- 24 oz. of petite yellow potatoes (about 40 petite potatoes)
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 cup panko crumbs
- 1/4 cup tuxedo sesame seeds
- 2 teaspoons Chinese 5-Spice seasoning mix

## PREPARATION

1. Put potatoes in a bowl and toss with the olive oil and soy sauce. Mix to coat well.
2. In a separate bowl, combine panko bread crumbs, sesame seeds and 5-spice seasoning and mix well.
3. In small batches, put the potatoes in the bread crumb mixture and roll around to coat well.
4. Transfer to a cookie sheet. Bake at 450°F for 20 to 25 minutes, until cooked through.

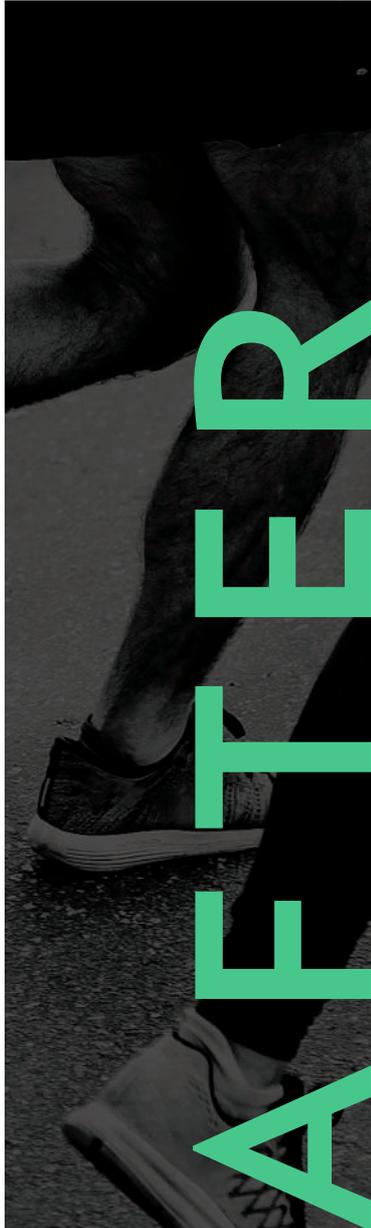
## NOTES

**Time-Saving Tips:** Make a batch and freeze them. Take out of the freezer the night before using and leave in the refrigerator overnight. Re-heat in the toaster oven or enjoy cold.

**Customizations:** Try the recipe with any type of petite potatoes, such as red or purple. Try with your favorite seasonings, seeds or flavors, such as BBQ seasoning, chia seeds, bread crumbs or cereal flakes.

Per serving (8 servings; about 5 potatoes per serving): Calories 174, Fat: 5.7 g, Cholesterol: 0 mg, Sodium: 257 mg, Carbohydrates: 26.8 g, Fiber: 2.5 g, Potassium: 485 mg, Protein: 4.3 g, Vitamin C: 7 mg

As a key component of muscle, protein is an important nutrient for athletic performance. A medium potato with the skin has 3 grams of protein.<sup>1</sup>



Carbohydrate is the primary fuel for your brain and a key source of energy for muscles. Because your body's own stores of carbohydrate are limited and may be depleted – even in a single session of intense and/or prolonged exercise – it's important to replenish them.<sup>8</sup>



## ROASTED SMASHED PETITE POTATOES

(WITH BUFFALO BLUE CHEESE)

Enjoy the comforting flavors of buffalo sauce and blue cheese on top of smashed petite potatoes for a post-exercise potassium pick-me-up.

Ready Time:  
85 minutes

Serves: 3

Developed by:  
Allen Tran, MS, RD, CSSD

### INGREDIENTS

- 1 1/2 lbs. red and yellow petite potatoes
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cloves garlic (unpeeled)
- 1/4 cup buffalo wing sauce
- 1/2 teaspoon sugar

(FOR BLUE CHEESE YOGURT TOPPING)

- 1/3 cup nonfat plain Greek yogurt
- 1/4 cup crumbled reduced-fat blue cheese
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder

### PREPARATION

1. Preheat oven to 450°F and line a baking sheet with parchment paper or foil.
2. Put potatoes in a large pot and add water to cover. Bring to a boil then reduce heat and simmer for 25 minutes or until potatoes are tender when pierced with a fork. Potatoes should be cooked through but still hold their shape. Do not overcook. Drain potatoes and let cool for 10 minutes.
3. Place potatoes on baking sheet and gently press down on each with the palm of your hand until they split open and are about 1/2-inch thick but still in one piece. Space potatoes 1-inch apart. Brush with oil and flip to coat both sides. Sprinkle potatoes evenly with salt and pepper and cook for 20 minutes.
4. While potatoes are cooking, place garlic in the microwave and cook on HIGH for 30 seconds to soften and mellow flavor. Peel and place in a small blender or food processor with buffalo sauce and sugar; puree until smooth. Brush potatoes on both sides with mixture and cook for 5 to 10 minutes more or until potato edges are crispy and brown.
5. Stir together blue cheese yogurt dressing ingredients in a medium bowl and serve with potatoes.

Per serving (6-7 petite potatoes): Calories: 330, Fat: 13g, Cholesterol: 10mg, Sodium: 910mg, Carbohydrates: 43g, Fiber: 4g, Potassium: 613mg, Protein: 11g, Vitamin C: 15mg

A medium Russet potato with the skin has more vitamin C and potassium than a sweet potato.<sup>9</sup>



## ROASTED SMASHED PETITE POTATOES

(LEMON, ROSEMARY & PARMESAN)

Colorful petite potatoes are boiled and then smashed and flavored with lemon, rosemary and Parmesan for a tasty way to re-fuel post-exercise.

Ready Time:  
80 minutes

Serves: 3

Developed by:  
Allen Tran, MS, RD, CSSD

### INGREDIENTS

- 1 1/2 lbs. red and yellow petite potatoes
- 2 tablespoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup grated Parmesan cheese
- 1 tablespoon roughly chopped fresh rosemary or 1 teaspoon dried
- Zest of 1 lemon
- 1/2 cup plain nonfat Greek yogurt
- 3 tablespoons sliced green onion tops

### PREPARATION

1. Preheat oven to 450°F and line a baking sheet with parchment paper or foil.
2. Put potatoes in a large pot and add water to cover. Bring to a boil then reduce heat and simmer for 25 minutes or until potatoes are tender when pierced with a fork. Potatoes should be cooked through but still hold their shape. Do not overcook. Drain potatoes and let cool for 10 minutes.
3. Place potatoes on baking sheet and gently press down on each with the palm of your hand until they split open but are still in one piece and are about 1/2-inch thick. Space potatoes 1-inch apart. Brush with oil and flip to coat both sides.
4. Sprinkle potatoes with salt and pepper and cook for 20 minutes. Sprinkle Parmesan, lemon zest and rosemary over potatoes and toss lightly; cook for 10 to 15 minutes more or until potato edges are crispy and brown.
5. Serve warm with Greek yogurt sprinkled with green onion tops.

Per serving (6-7 petite potatoes): Calories: 310, Fat: 12g, Cholesterol: 10mg, Sodium: 800mg, Carbohydrates: 42g, Fiber: 4g, Potassium: 610mg, Protein: 11g, Vitamin C: 18mg

A medium potato with the skin provides just 110 calories, no fat, no sodium and no cholesterol, 30 percent of your daily value of vitamin C and more potassium than a medium banana.<sup>1</sup>



## POTATO AND BLACK BEAN SOUP

Ready Time:  
50 minutes

Serves: 6

Developed by:  
Chef Glenn Lyman

This satisfying post-workout meal is packed with protein and carbohydrate. Prep it ahead of time for convenient access to the nutrients your body may need to aid its recovery.

### INGREDIENTS

- 1 cup sweet onion, chopped
- 1 jalapeño pepper, seeded if desired and chopped
- 2 garlic cloves, chopped
- 2 tablespoons avocado oil
- 4 cups vegetable broth
- 1 15 oz. can diced tomatoes, with juice
- 1 1/2 pounds small red potatoes, quartered
- 1 15 oz. can black beans, rinsed and drained
- 1 teaspoon dried oregano
- 1 tablespoon cumin
- Sea salt and pepper to taste
- 3 green onions, chopped
- 1/2 cup low-fat cheddar cheese

### PREPARATION

1. In a large sauce pan, heat oil over medium-high heat. Add onion and jalapeño pepper and sauté until softened, about 3 minutes. Add garlic and stir until fragrant, about 1 minute. Add vegetable broth, tomatoes, potatoes, black beans, salt and pepper increasing heat to high and bring to a boil. Reduce heat to medium-low and cover, simmering for about 20 minutes, or until potatoes are tender.
2. Cool slightly and transfer 1/3 mixture to a blender and carefully blend until smooth. Repeat with the remaining soup, 1/3 at a time or use an immersion blender instead.
3. If soup is too thick, add water or broth a little at a time. If soup is too thin, return to medium heat and simmer, stirring often until desired consistency being careful not to burn.
4. Top each bowl of soup with 1 1/2 tablespoons low-fat cheddar cheese, and serve with green onion garnish.

### NOTES

**Time-Saving Tips:** Prepare a batch in advance and save in individual portions. This soup will improve when chilled and reheated and it freezes great.

Use an immersion blender for the quickest, safest way to puree any soup. Don't have a blender? Eat as-is for a hearty chunky alternative.

**Customizations:** Any potato will work here. Leave the skins on and cut into equal size pieces to ensure even cooking.

Top the soup with hot sauce and chopped sweet bell peppers for more flavor and texture.

Per serving (1 cup): Calories: 252, Fat: 6 g, Cholesterol: 2 mg, Sodium: 1035 mg, Carbohydrate: 42 g, Fiber: 9 g, Potassium: 699 mg, Protein: 10 g, Vitamin C: 33 mg



## POTASSIUM POTATO SMOOTHIE

This vibrant purple smoothie gets its color from purple potatoes and pomegranate juice. Containing 26 grams of carbohydrates and 19 grams of protein, this smoothie may aid in post-exercise recovery.

Ready Time:  
12 minutes

Serves: 1

Developed by:  
Carissa Bealert, RDN

### INGREDIENTS

- 4 small purple potatoes
- 1 small banana, frozen
- 1 cup pomegranate juice
- 2 tablespoons unflavored or vanilla whey protein powder
- 1 teaspoon honey
- 1 handful of ice cubes

### PREPARATION

1. Place potatoes (whole, with skin-on) on microwave safe plate and pierce with a fork 2-3 times. Microwave on high until soft, 4-6 minutes. Remove from microwave and cool until next step.
2. Blend all ingredients, including potatoes, in a blender until smooth. Add more honey or banana to sweeten as desired. Add more ice to thicken.

### NOTES

**Time-Saving Tips:** Microwave or boil the potatoes ahead of time and store in the refrigerator until you are ready to use them. Try placing the potatoes and the banana in a plastic sandwich bag in the freezer for even faster post-exercise prep.

**Customizations:** Feel free to vary the types of fruit or fruit juices that you add to the smoothie. Try frozen berries or tart cherry juice for a new flavor option. If you like a thicker smoothie, try adding Greek yogurt.

Per serving (16 ounce smoothie): Calories: 551, Fat: 2 g, Cholesterol: 41 mg, Sodium: 706 mg, Carbohydrates: 119 g, Fiber: 8 g, Potassium: 1889 mg, Protein: 19 g, Vitamin C: 29 mg

Some research suggests that consuming carbohydrate along with protein post-exercise may aid in recovery.<sup>10</sup>



## POWER BAKED POTATO

Ready Time:  
13-15 minutes

Serves: 1

Developed by:  
Leslie Bonci, MPH, RD,  
CSSD, LDN

**A traditional baked potato is given a powerful boost with the addition of protein-rich ricotta, baby spinach and flavorful pesto.**

### INGREDIENTS

- 1 Russet potato, about 10 ounces
- 3/4 cup baby spinach leaves, chopped if desired
- 1/2 cup part-skim ricotta
- 1 1/2 tablespoons pesto, homemade or store bought

### PREPARATION

1. Wash the potato and pat dry. Prick with fork 4-5 times on both sides. Place on a microwave safe plate and microwave on high for 5 minutes. Use oven mitts to flip the potato and microwave an additional 3 minutes. Remove from microwave and set aside.
2. While the potato is cooking, mix together the ricotta and pesto in a bowl.
3. When potato has cooled enough, split open the potato and stuff in the baby spinach leaves. Top with the ricotta-pesto mixture, and enjoy.

### NOTES

**Time-Saving Tips:** Bake or microwave potatoes ahead of time and store in the refrigerator. You can also mix up the ricotta and pesto ahead of time, and refrigerate.

**Customization Options:** Try topping your Power Baked Potato with broccoli or kale as an alternative to spinach. You can also sub in cottage cheese in place of ricotta or sundried tomato pesto instead of basil pesto.

Per serving (1 potato): Calories: 585, Fat: 21.6 g, Cholesterol: 40 mg, Sodium: 486 mg, Carbohydrates: 73.7 g, Fiber: 7.9 g, Potassium: 1924 mg, Protein: 24 g, Vitamin C: 79 mg

The 2015 Dietary Guidelines mention potassium as an under-consumed nutrient of concern, and recommends consuming foods with high levels of potassium such as white potatoes.<sup>11</sup>



## POST-WORKOUT BUDDHA BOWL

Ready Time:  
45 minutes

Serves: 4

Developed by:  
Allen Tran, MS, RD, CSSD

In this satisfying post-workout meal, potatoes are tossed in flavorful seasonings and roasted with veggies and chickpeas for a sheet pan meal that will keep you full for hours.

### INGREDIENTS

- 3 tablespoons olive oil
- 6 medium red or yellow potatoes, cut into medium cubes
- 1 small head cauliflower (any color), cut into florets
- 1 can of chickpeas (15-ounce), drained, rinsed and patted dry
- 1 large bunch kale, thick ribs removed, chopped
- 1 red onion, sliced into wedges
- 2 teaspoons curry powder, divided
- 2 teaspoons garam masala, divided
- Salt and pepper, to taste

#### (OPTIONAL)

- 1 tablespoon chopped fresh parsley

(FOR THE TAHINI SAUCE)

- 1/4 cup tahini
- 1/2 cup non-fat plain Greek yogurt
- 1 tablespoon brown sugar or maple syrup
- 1 clove garlic, minced
- Zest of 1 lemon
- Juice of 1 lemon
- 2-6 tablespoons water
- Salt and pepper, to taste

### PREPARATION

1. Preheat oven to 425°F.
2. Add potatoes, chickpeas, and cauliflower to a large rimmed baking sheet (18" x 13"). Make sure there is roughly 1/4 to 1/2 inches between pieces for even roasting. If desired, keep ingredients separated by type.
3. Drizzle with olive oil, then sprinkle with 1 teaspoon of curry powder, 1 teaspoon of garam masala, and salt & pepper to taste over the potatoes, chickpeas and cauliflower. Toss lightly to evenly coat.
4. Roast in preheated oven for 15 minutes, remove and toss.
5. In a second large rimmed baking sheet, evenly spread kale and onions and toss with remaining 1 teaspoon of curry powder, 1 teaspoon of garam masala and salt & pepper to taste.
6. Once the potatoes, cauliflower, and chickpeas have been baking for 15 minutes, place the kale and onions into the oven. Roast both pans for an additional 15 minutes.
7. Meanwhile, make tahini sauce: In a bowl, combine tahini, yogurt, sugar/honey, garlic, 1/2 of the lemon juice, lemon zest, salt & pepper, and 2 teaspoons of water. Mix until smooth and creamy. If too thick, add more water to thin. Taste and add more lemon juice if needed.
8. To assemble bowls, layer with potatoes, followed by kale and onions, chickpeas, and cauliflower. Drizzle with tahini sauce and parsley.

Per Serving (recipe produces 4 servings): Calories: 587, Fat: 21 g, Cholesterol: 1.41 mg, Sodium: 798 mg, Carbohydrates: 76 g, Fiber: 14 g, Potassium: 1664 mg, Protein: 19 g, Vitamin C: 157 mg



## SHEET PAN BREAKFAST HASH

Ready Time:  
50 minutes

Serves: 4

Developed by:  
Allen Tran, MS, RD, CSSD

Eggs are nestled in a delicious hash of roasted potatoes, bell peppers, ham and red onion, all baked on a sheet pan for easy clean up in this breakfast dish. With 35 grams of carbohydrate and 25 grams of protein per serving, this is a great recovery meal after a morning workout.

### INGREDIENTS

- 6 medium red or yellow potatoes, cut into large cubes
- 1 small red onion, diced
- 1 red bell pepper, diced
- 1 garlic clove, minced
- 1 tablespoon olive oil
- Seasoned salt to taste
- Black pepper to taste
- 1 cup ham, diced
- 4 to 6 large eggs

### (OPTIONAL)

- 2-3 green onions, sliced
- 2 avocados, sliced
- Hot sauce for topping

### PREPARATION

1. Preheat oven to 425°F.
2. Line a large rimmed baking sheet (18" x 13") with parchment paper.
3. Add potatoes, onion, red pepper, and garlic to pan. Make sure there is roughly 1/4 to 1/2 inches between pieces for even roasting.
4. Drizzle with olive oil, then sprinkle with seasoning salt and black pepper to taste. Toss lightly to evenly coat.
5. Sprinkle ham on top of the mixture.
6. Roast for 25 minutes, tossing half way through.
7. Remove pan and make 4 to 6 wells in the mixture, evenly spaced. Crack eggs into each well and season with seasoning salt and pepper to taste.
8. Return to oven and bake for 8 to 10 minutes, or until eggs are set to desired doneness.
9. Remove pan from oven, and serve with green onions, sliced avocado, and hot sauce.

### NOTES

**Time-Saving Tips:** Cook everything but the eggs on Sunday evening, and refrigerate for breakfast throughout the week. When you're ready to eat, cook a fresh egg to top your hash, and enjoy.

**Customization Options:** Try using turkey bacon instead of ham.

Per serving (recipe produces 4 servings): Calories: 543, Fat: 28 g, Cholesterol: 265 mg, Sodium: 630 mg, Carbohydrates: 53 g, Fiber: 11 g, Potassium: 1782 mg, Protein: 25 g, Vitamin C: 103 mg



A medium potato has 26 grams of carbohydrate plus 3 grams of protein.<sup>1</sup>





## POTATO PERFORMANCE MUFFINS

**A delicious snack that is kind on your body and your taste buds. Created by registered dietitian Dawn Jackson Blatner, these muffins are designed for convenience and can be made in a blender for easy prep and clean up.**

Ready Time:  
35 minutes

Serves: 9 muffins

Developed by:  
Dawn Jackson Blatner,  
RDN, CSSD

### INGREDIENTS

- 1 cup baked potato, cooled (with skin)
- 1/2 cup sliced cooked beets, cooled (about 1 medium beet)
- 1 banana, peeled
- 3 eggs
- 1/4 cup unsweetened cocoa powder
- 1/4 cup coconut sugar
- 2 tablespoons coconut oil, melted
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- Pinch of sea salt

### PREPARATION

1. Preheat the oven to 350° F.
2. Put all ingredients into a blender or food processor. Blend until smooth.
3. Line a 12-cup muffin tin with paper liners and evenly pour batter into 9 of the cups.
4. Bake for 20 to 25 minutes, or until a toothpick inserted in the center of a muffin comes out clean.
5. Let the muffins cool completely before eating. Store extras in fridge for up to 5 days or freeze for up to 3 months. Thaw frozen muffins in fridge for a couple of hours before eating.

Per serving (1 muffin): Calories: 105, Fat: 5 g, Cholesterol: 62, Sodium: 229 mg, Carbohydrates: 14 g, Fiber: 2 g, Potassium: 227 mg, Protein: 3 g, Vitamin C: 7%



## POTATO ENERGY BITES

Ready Time:  
15 minutes

Serves: 12

Developed by:  
Emily Cooper, RDN

**A portable snack made with simple ingredients, and no refined sugars!**

## INGREDIENTS

- 1 cup rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon ground flax
- 1 tablespoon unsalted pumpkin seeds
- 1/2 cup dried cherries
- 1 teaspoon ground cinnamon
- Flesh from 1/2 large russet potato, cooked (about 3/4 cup)
- 3 tablespoons natural peanut butter
- 1 teaspoon vanilla extract
- 1/4 cup maple syrup

## PREPARATION

1. In a large bowl, combine oats, chia seeds, flax, pumpkin seeds, cherries, and cinnamon.
2. In a separate bowl, mash together potato, peanut butter, vanilla, and maple syrup.
3. Add potato mixture to oats, and stir until fully combined (I like to use my hands to mix).
4. Roll into 12 balls, and store in fridge or freezer for up to 2 weeks.

Per serving (1 energy bite): Calories: 137, Fat: 4 g, Sodium: 5 mg, Carbohydrates: 22 g, Fiber: 4 g, Potassium: 185 mg, Protein: 4 g, Vitamin C: 2%



## CARROT "CAKE" POTATO PERFORMANCE MUFFINS

Ready Time:  
35 minutes

Serves: 9 muffins

Developed by:  
Potatoes USA

A delicious spiced muffin using baked potato, cooked carrots, spices and nuts for a performance-oriented twist on classic carrot cake flavors.

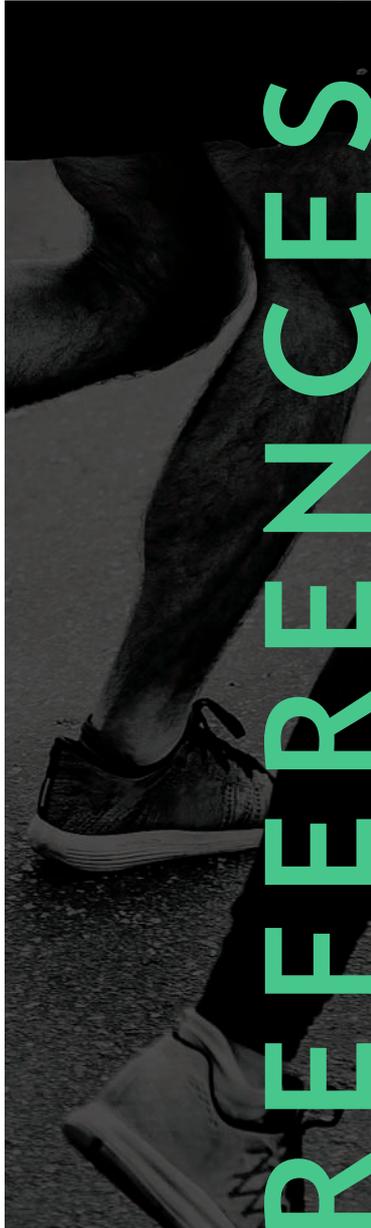
### INGREDIENTS

- 1 cup baked potato, cooled (russet potato with skin)
- 1/2 cup sliced cooked carrots (about 2 medium carrots)
- 1 banana, peeled
- 3 eggs
- 1/4 cup coconut flour
- 1/4 cup coconut sugar
- 2 tablespoons coconut oil, melted
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cloves
- Pinch of sea salt
- Optional: 1/2 cup chopped walnuts or pecans
- Optional: 1/2 cup golden raisins

### PREPARATION

1. Preheat oven to 350°F.
2. Put potato, carrots, banana and eggs into a blender or food processor. Blend until smooth.
3. Pour into a bowl, and mix in remaining ingredients until just combined.
4. Fold in nuts and raisins, if desired.
5. Line a 12-cup muffin tin with paper liners and evenly pour batter into 9 of the cups.
6. Bake for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Let the muffins cool completely before eating. Extra muffins can be stored in fridge for up to 5 days or in freezer for up to 3 months. Thaw frozen muffins in fridge for a few hours before eating.

Per serving (1 muffin without nuts or raisins): Calories: 125, Fat: 5 g, Carbohydrates: 17 g, Fiber: 2.4 g, Potassium: 236 mg, Protein: 3 g, Vitamin C: 5.2 mg



1. Nutritional data is based on a 5.2 ounce skin-on potato.
2. J Acad Nutr Diet. 2013 Sep;113(9):1182-7. doi: 10.1016/j.jand.2013.03.015. Epub 2013 May 25. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/23714199>
3. Gelibter A, et al Satiety following intake of potatoes and other carbohydrate test meals. *Ann Nutr Metab.* 2013;62:37-43
4. Akilen R, et al. The effects of potatoes and other carbohydrate side dishes consumed with meat on food intake, glycemia and satiety response in children. *Nutr Diabetes.* 2016 Feb 15;6:e195
5. Holt SHA, et al., A satiety index of common foods. *Eur J Clin Nut.*1995. 49: 675-690
6. Kanter M. High-Quality Carbohydrates and Physical Performance. *Nutrition Today.* 2017;1.doi:10.1097/nt.000000000000238.
7. Nutrition and Athletic Performance. Position of the Academy for Nutrition and Dietetics, American College of Sports Medicine and the Dietitians of Canada. *Med Sci Sports Exerc.* 2015; 48:543-568.
8. Burke LM, Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for training and competition. *J Sports Sci.* 2011; 29(Suppl 1): S17-27).
9. USDA standard reference 28, based on Reference Amounts Customarily Consumed (RACC).
10. Beelen M, Burke LM, Gibala MJ, van Loon L JC. Nutritional strategies to promote post exercise recovery. *Int J Sport Nutr Exerc Metab.* 2010;20(6):515-32.
11. Potassium: Food Sources Ranked by Amounts of Potassium and Energy per Standard Food Portions and per 100 Grams of Foods. Available at: <http://health.gov/dietaryguidelines/2015/guidelines/appendix-10/>.

## LOVE THESE RECIPES?

Get more recipe ideas to power your performance with potatoes at **PotatoesFuelPerformance.com**



**POTATOESFUELPERFORMANCE.COM**

