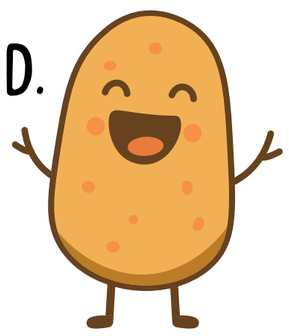
STARCH YOUR ENGINES! WITH CRISPY POTATO CASSEROLE! BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.



CRISPY POTATO AND CARROT CASSEROLE!

INGREDIENTS:

- 6 POTATOES, GRATED
- 3 CARROTS, GRATED
- 1 ONION, GRATED
- 1 CUP SKIM MILK POWDER*
- ¼ CUP ROLLED OATS
- 2 EGGS, BEATEN
- 3 TBSP VEGETABLE OIL
- 1 TSP GARLIC POWDER
- ½ TSP SALT
- 1 TSP PEPPER
- 1 CUP GRATED CHEESE**

*DO NOT USE FLUID MILK

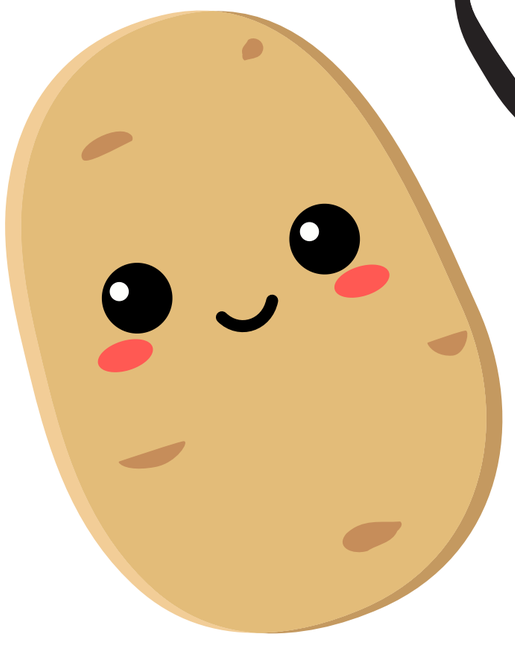
**USE CHEDDAR, SWISS, MOZARELLA OR YOUR FAVOURITE CHEESE

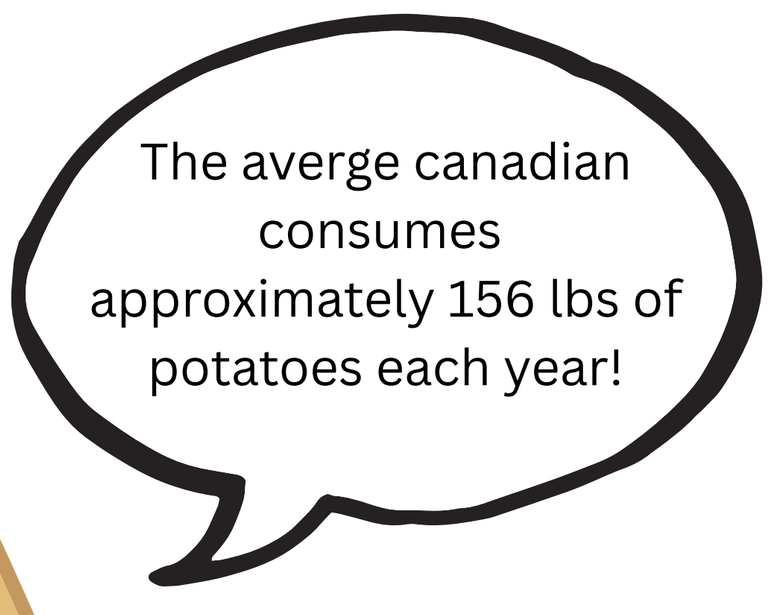
SERVE WITH A SLICE OF BREAD OR A SMALL BUN

HERE`S HOW TO MAKE IT:

1. TURN ON OVEN TO 350F (180C). MIX GRATED POTATOES, CARROTS AND ONION IN A LARGE BOWL.
2. STIR IN SKIM MILK POWDER, ROLLED OATS, EGGS, OIL, GARLIC POWDER, SALT AND PEPPER.
3. LIGHTLY GREASE A 13X9X2-INCH BAKING PAN. SPREAD MIXTURE EVENLY INTO THE PAN.
4. BAKE FOR 30-40 MINUTES, OR UNTIL POTATOES ARE DONE.
5. SPRINKLE WITH CHEESE. RETURN TO THE OVEN FOR A FEW MINUTES TO MELT CHEESE.

SERVES 6





ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

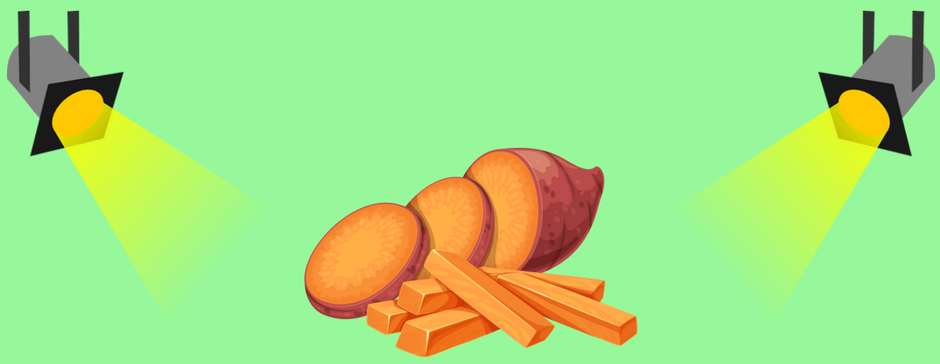
SWEET POTATO FRIES TAKING THE SIDE DISH SPOTLIGHT!

SWEET POTATO BAKED FRIES! THE KIDS WILL LOVE THESE! (ANOTHER RECIPE FROM THE BASIC SHELF COOKBOOK)

INGREDIENTS:

- 4 SWEET POTATOES
- 2 TBSP VEGETABLE OIL
- SALT AND PEPPER TO TASTE
- PARMESAN CHEESE (OPTIONAL)

1. HEAT OVEN TO 450F (230C).
2. PEEL SWEET POTATOES. RINSE AND DRY WELL. CUT INTO WEDGES OR SMALL STICKS.
3. PUT SWEET POTATOES IN A BOWL AND COAT WELL WITH VEGETABLE OIL.
4. ARRANGE POTATOES ON A BAKING SHEET. BAKE 15 MINUTES. TURN THE FRIES OVER AND BAKE FOR ANOTHER 15 MINUTES UNTIL SLIGHTLY CRISPY.
5. SEASON TO TASTE WITH SALT AND PEPPER AND PARMESAN CHEESE IF YOU WISH.



A PEEL-ING SPUDS

- THERE ARE THREE CATEGORIES OF POTATOES:
  - WAXY: BEST FOR BOILING BECAUSE THEY HOLD THEIR SHAPE WELL IN SOUPS, STEWS, POTATO SALAD, SCALLOPED POTATOES. EXAMPLES - FRENCH FINGERLINGS, NEW POTATOES
  - STARCHY: KNOW AS BAKING POTATOES (DO NOT HOLD THEIR SHAPE WHEN BOILED). BEST FOR BAKING, FRIES, FRYING, AND MASHED. EXAMPLES - RUSSET POTATOES AND SWEET POTATOES.
  - ALL PURPOSE (FOR MOST RECIPES) - FALL SOMEWHERE BETWEEN STARCHY AND WAXY. GREAT FOR ROASTING, PAN FRYING, BAKED, MASHED, SOUPS, STEWS AND GRATINS. EXAMPLES - YUKON GOLD AND PURPLE MAJESTY

For more information on potatoes visit Potatoes USA (https://potatogoodness.com)

POTATO PUNCHLINES

- WHAT DO YOU GET WHEN IT RAINS POTATOES?
  - SPUDDLES
- WHO IS THE MOST POWERFUL POTATO?
  - DARTH TATER
- WHAT DO TOMATOES AND POTATOES HAVE IN COMMON?
  - TOES



To impress your friends with more potato jokes visit Growing Family website. (https://growingfamily.co.uk/food/)

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