

POTATOES, DEHYDRATED DICED/SLICED DRY

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Dehydrated diced/sliced potatoes are uncooked potatoes with most of the water removed.

Pack

- **Diced** potatoes are packaged in a 2½ pound plastic bag. Each bag will make 48, ½-cup servings of **diced** potatoes.
- **Sliced** potatoes are packaged in a 5-pound laminated paper bag. Each bag will make 96, ½-cup servings of **sliced** potatoes.

Storage

- **Store** potatoes at room temperature. After opening, store in airtight container in the refrigerator.

Uses and Tips

- Completely cover potatoes with water during cooking.
- If using in recipes that need more cooking, cook potatoes for only 15 minutes.
- For added convenience, cook potatoes the day before, drain, and refrigerate them in a closed container overnight. Use within 3 days.
- **Uncooked** potatoes can also be used in some recipes - diced/sliced are interchangeable.



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- Serve cooked potatoes as a vegetable topped with grated cheese or as an ingredient in other recipes such as potato salad, casseroles, soups, and stews.

Cooking

Bring 2 cups water and ¼ teaspoon salt (optional) to a boil. Add 2 cups potatoes. Cook on low heat for 20 minutes or until tender. Drain any excess water from potatoes. (Makes four ½-cup servings.)

Nutrition Information

- **Potatoes** are a source of fiber, vitamins C and B-6, niacin, and potassium as well as other Vitamins and minerals. Potatoes contain little Fat and have no cholesterol or saturated fat.
- ½ cup diced or sliced potatoes provides 1 serving from the **VEGETABLE GROUP of the Food Guide Pyramid.**

(See recipes on reverse side)

Nutrition Facts	
Serving size ½ cup (113g) rehydrated cooked potatoes	
Amount Per Serving	
Calories	78
Fat Cal	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 18	6%
Dietary Fiber 0	0%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 5%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Scalloped Potatoes

1 teaspoon vegetable oil
 2½ cups **uncooked** dehydrated sliced potatoes
 1 cup milk, made from nonfat dry milk powder
 3 tablespoons butter
 3 tablespoons flour
 ½ teaspoon salt
 ¼ teaspoon black pepper
 2 teaspoons finely chopped onion
 2 cups milk, made from nonfat dry milk powder

1. Oil an 8" by 8" baking pan.
2. Arrange potatoes on bottom of pan.
3. Cover with 1 cup milk.
4. Melt butter in a small pot on low heat until bubbly.
5. Add flour, salt, pepper, and onion; stir until mixture bubbles, about 2 minutes.
6. Slowly add 2 cups milk; stirring constantly on medium heat until sauce is smooth and bubbly: about 5 minutes.
7. Pour sauce over potatoes and bake at 375°F for 45 minutes or until lightly browned.

Makes six ½-cup servings

Variation: **Skillet Scalloped Potatoes** - Prepare as directed for **Scalloped Potatoes**, except arrange potatoes in a 8" skillet coated with oil; cover with 1 cup milk, then sauce. Cover and cook on low heat for 30 minutes or until edges bubble.

Nutrition Information for each serving of Scalloped Potatoes:

Calories	172	Cholesterol	18 mg	Sugar	6 g	Calcium	161 mg
Calories from Fat	58	Sodium	332 mg	Protein	6 g	Iron	0.5 mg
Total Fat	6.5 g	Total Carbohydrate	22 g	Vitamin A	133 RE		
Saturated Fat	4.0 g	Dietary Fiber	1 g	Vitamin C	6 mg		

Dutch Potato Salad

2 cups water
 1¼ cups **uncooked** dehydrated diced potatoes
 1½ teaspoons finely diced onion
 1 tablespoon finely diced green pepper
 1 hard cooked egg, peeled, diced
 1 slice bacon, finely diced
 1 tablespoon flour
 2 tablespoons sugar
 ¾ teaspoon salt
 2½ tablespoons vinegar
 ¼ cup water

1. In a medium saucepan, add water to potatoes.
2. Bring to a boil. Cover and cook on low for 15 minutes.
3. Refrigerate potatoes in cooking water for 2 hours or overnight. Drain chilled potatoes.
4. Stir in onion, green pepper, and hard cooked egg.
5. In a small saucepan, cook diced bacon. *Do not drain fat.*
6. Stir in flour, sugar, and salt.
7. Add vinegar and ¼ cup water.
8. Heat over medium heat until thickened and bubbling, about 2 minutes.
9. Pour over potatoes and mix. Serve warm or chill at least two hours.

Makes five ½-cup servings

Variation: Instead of bacon, brown 1 ½ tablespoons finely chopped luncheon meat in 1 teaspoon vegetable oil.

Nutrition Information for each serving of Dutch Potato Salad:

Calories	114	Cholesterol	43 mg	Sugar	5 g	Calcium	14 mg
Calories from Fat	18	Sodium	395 mg	Protein	3 g	Iron	0.6 mg
Total Fat	2.0 g	Total Carbohydrate	21 g	Vitamin A	20 RE		
Saturated Fat	0.6 g	Dietary Fiber	1 g	Vitamin C	7 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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