



**NOVEMBER 2024**



Instant Mashed Potato Flakes can be a cost-effective way to add some of the great nutrients to your diet that we can find in potatoes. It's important to remember to make dehydrated instant potato flakes a part of your balanced plate that includes a source of protein and non-starchy vegetables like broccoli, mushrooms, or onions.

While instant mashed potatoes taste great, they can often be lacking in how much fiber they contain, which is a very important nutrient for our health. Try mashing cannellini beans, navy beans, or chickpeas for added fiber without a big change to the flavor!

When preparing instant mashed potatoes, don't hesitate to use lots of seasonings like garlic, rosemary and thyme. Seasoning with herbs, instead of salt or salted butter, can help keep the sodium content of the potatoes in a healthier range.

## DEHYDRATED INSTANT POTATO FLAKES

## CARBOHYDRATES

Carbohydrates are an important group of nutrients because they give us energy! The carbohydrates in potatoes are in the group we call simple carbohydrates, meaning they are easy for our body to absorb. It doesn't take much for simple carbohydrates to give us energy, so keep that portion size small.

## PART OF A BALANCED PLATE

Instant mashed potatoes are a great way to add some carbohydrates to your diet, but it is so important that they are only a part of your plate. Make sure to also include a non-starchy veggie like broccoli or spinach. Also include a form of protein using either meat, soy, or beans.

## PORTION SIZE

Portion sizes are an important piece of the puzzle, especially when your plate includes simple carbohydrates, like the carbohydrates we find in instant mashed potatoes. A good serving size for instant mashed potatoes is a half cup or about the amount that would fit in your cupped hand without spilling over. Your protein should also fit in the palm of your hand, and non-starchy vegetables can fill the rest of your plate!

# SEASONED POTATO FLAKE COATING

Makes 24 servings

## All you need:

- 1½ cups mashed potato flakes
- 1 tsp seasoned salt
- ½ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp pepper

## All you do:

1. In a medium bowl, combine the potato flakes, seasoned salt, paprika, garlic powder and pepper; mix well.
2. Coat desired food in the mixture. (Dip food in milk first for a thicker coat of potato flake breading.)
3. Store all remaining dry mixture in an airtight container.

\*Use this mixture as a coating for chicken, fish or vegetables before baking, frying, or air frying.

Recipe source: Pillsbury.com



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Nutrition questions or concerns?  
Contact Hy-Vee Dietitian Katie Schaeffer at  
kschaeffer@hy-vee.com or (515)695-3780

