



# FarmFresh

## Recipes

February 2014

### Available Now...

#### Potatoes

February is Potato Lover's Month and the perfect time to enjoy Colorado potatoes. Colorado produces more than 2 billion pounds of potatoes each year.



#### Tips & Nutrition

One medium sized potato, eaten with the skin on, is just 110 calories, has nearly half of the daily value for Vitamin C, and is a good source of potassium.



### Fresh Inspirations...

#### Bacon Cheddar Potato Cakes

##### Ingredients

- |                                 |                     |
|---------------------------------|---------------------|
| 5-6 Large Russet Potatoes       | 3 Eggs              |
| 6 Tbsp. Olive Oil               | 1/4 Cup Flour       |
| 1/3 Cup Red Onion, grated       | Kosher Salt         |
| 1/2 Cup Shredded Cheddar Cheese | Black Ground Pepper |
| 1/2 Cup Bacon, cooked, chopped  |                     |

##### Directions

Preheat oven to 400°F. Wash potatoes, rub with olive oil, season with salt and pepper, place onto a cookie sheet then cook until fork tender. Remove from oven and allow to cool to room temperature. Grate onion into a medium mixing bowl, shred the potatoes and add to the bowl. Add the cheddar cheese, chopped cooked bacon, eggs, flour and salt and pepper to taste. Mix well to combine. Place a 4 oz. patty into a hot sauté pan with oil, cook on both sides until golden brown, season and serve with your favorite entrée.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

### Next Month... Colorado Beans