



DISHING IT UP WITH DANA

Potato Muffins & Parfaits Make for Sweet Treats

Unconventional recipes incorporating Wisconsin potatoes are both healthy and delicious

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

Why try to blend in when you were born to stand out? Unconventional—a unique word in and of itself that is defined as “not based on or conforming to what is generally done or believed.” “Unconventional” can leave you uncomfortable or scrunching up your nose in disbelief. It can also make you raise your eyebrows in curiosity or even give you goosebumps.

I took on the curiosity perspective when deciding which dish(es) to feature this month. And I’m pleased to say that my intuition was right on in giving these two beautiful recipes a try.

This month, I’ll take you on a journey from a healthy snack to an indulgent treat, all using the versatile yet quite humble Wisconsin potato. Because life is all about balance.

I have wanted to try “Carrot Cake Potato Performance Muffins” for quite some time. I mean, do “sweet carrot cake” and “potatoes” even make sense together? One word: unconventional, and the answer is absolutely!

Two hearty vegetables combined with plump raisins, crunchy nuts, spices and subtle sweetness from coconut sugar and bananas makes this the

perfect snack or breakfast on the go.

And especially as your kids go back to school like mine, this is a great healthy option to keep in your freezer for whenever you need it. Give it a try! This may become your new “go to.”

DIRECTIONS

Preheat oven to 350 degrees.

Put potato, carrots, banana and eggs into a blender or food processor. Blend until smooth.

Pour into a bowl and mix in the remaining ingredients until just combined. Fold in nuts and raisins if desired.

Line a 12-cup muffin tin with paper liners and evenly pour batter into nine of the cups.



INGREDIENTS: Carrot Cake Potato Performance Muffins

- 1 cup baked russet potato with skin, cooled
- ½ cup cooked carrots sliced
- 1 banana peeled
- 3 eggs
- ¼ cup coconut flour
- ¼ cup coconut sugar
- 2 Tbsp. coconut oil melted
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- ¼ tsp. cloves
- 1 pinch sea salt
- ½ cup chopped walnuts or pecans (optional)
- ½ cup golden raisins (optional)

continued on pg. 74



Dishing It Up with Dana...

continued from pg. 73

Bake for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Let the muffins cool completely before eating. Extra muffins can be stored in the refrigerator for up to five days or in a freezer for up to three months. Thaw frozen muffins in fridge for a few hours before eating.

CRISPY POTATO PARFAIT

Now, if there was ever a doubt about the versatility of Wisconsin potatoes, it would certainly be put to rest in an instant after this next recipe.

The Wisconsin Potato & Vegetable Growers Association consumer site, www.eatwisconsinpotatoes.com, has a new feature using Artificial Intelligence (AI) on the recipe page. It's called "AI Recipe Generator" under the "recipes" tab and can generate a lot of fun!

One day, I thought I'd try it out. So, I typed in "potato dessert with less than 10 ingredients." The next thing I know, I was looking at a recipe for a "Crispy Potato Parfait."

I mean, seriously. Potatoes and homemade whipped cream? One word: unconventional. But I was so intrigued that I thought I'd give it a try. Then I really went out on a limb and decided to feature it on one of my TV spots.

I always leave any featured dish with the TV station staff, and I can honestly say that the breakroom has never been as full as it was after serving up this parfait. So many employees came in and said, "Everyone's asking what's going on in the breakroom and saying we have to come check it out!"

The remaining parfaits I was dishing up to leave behind were disappearing faster than I could prepare them.

The best thing about this recipe, too, outside of its deliciousness, is that you can do so much with it. Don't like whipped cream? Use Greek vanilla yogurt. Want something cool on a hot summer day? Replace the whipped cream with vanilla ice cream.

Don't have time to make the



Above: As evident by their faces, Griffin (left) and Easton (right) are ready and willing to indulge in a Crispy Potato Parfait.

homemade "potato chips?" Crunch up some chips from a bag in your pantry. They'll offer a salty crunch whereas the homemade "potato chips" may offer a chewier texture.

Indulgent and sweet? Yes! Crazy unique? Absolutely! Thinking about all the amazing ways you can use Wisconsin potatoes outside of a side dish? I sure hope so!

Whichever way you choose to make this recipe (and I hope you do take time to try it), I also hope you give the "AI Recipe Generator" a try. You just may find something "unconventional" to bring to your next cooking experience.

INGREDIENTS: Crispy Potato Parfait

- 2 large potatoes
- 1 cup sugar
- 2 cups heavy cream
- 1 tsp. vanilla extract
- 1/4 cup Nutella
- 1/4 cup almond butter

DIRECTIONS

Preheat oven to 375 degrees.

Thinly slice potatoes.

Toss potatoes in sugar.

Bake for 20 minutes until crispy.

In a bowl, whip cream with vanilla extract until stiff peaks begin to form.

In serving cups, layer potatoes, cream, Nutella and almond butter. Repeat layers. Garnish with potato chips.

Serve chilled. **BCT**

ADVERTISERS INDEX

1,4 Group.....	65
AgCountry Farm Credit Services..	67
Altmann Construction	31
Ascendance Truck Centers.....	51
Badger Plastics & Supply	30
Badger State Irrigation.....	76
Baginski Farms Inc.	33
Big Iron Equipment.....	11
Binfront Barrier	22
BTU Ventilation.....	61
Bushmans' Inc.	3
Central Door Solutions	2
CliftonLarsonAllen	9
Colorado Certified Potato Growers Association.....	38
Compeer Financial.....	63
CoVantage Credit Union	52
Ellips USA Advertorial.....	39
Hammer-Lok.....	21
Hartland Enterprising LLC.....	12
Jay-Mar, Inc.....	34
J.W. Mattek & Sons, Inc.	19
M.P.B. Builders, Inc.	28
Mast Enterprises	60
McGowan Rice Construction	25
Montana Potato Advisory Committee	35
National Potato Council.....	75
Nelson's Vegetable Storage Systems Inc.	13
North Central Irrigation	15
Nutrien Ag Solutions	27
Oak Ridge Foam & Coating Systems, Inc.	37
Paragon Potato Farms	62
Roberts Irrigation	53
Ron's Refrigeration	17
Ruder Ware	56
Rural Mutual Insurance	67
Sand County Equipment.....	45
Schroeder Brothers Farms.....	7
Smart Vision Works /KPM Analytics	49
Swiderski Equipment.....	23
T.I.P.	43
ThorPack, LLC	26
Titan Machinery	71
Tolsma USA.....	5
Volm Companies.....	29
Wilcox Agri-Products	41
WPVGA Putt-Tato Open Sponsors Thank You.....	47
WPVGA Subscribers.....	46
WPVGA Support Our Members...	55
WSPIA.....	69