



DISHING IT UP WITH DANA

Bowls Include Sautéed, Seasoned, Spiralized Potatoes

Potato Protein Mousse makes for a velvety chocolate dessert packed with flavor and protein

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

It's crazy that summer is right around the corner. Don't get me wrong, I'm not complaining. Winter seemed long again this year, didn't it? I always look forward to boating, swimming, and watching the boys play summer sports. But I also feel like I took down our Christmas decorations last week.

For most people, the thrill of summer goes hand in hand with grilling. If you like to grill and want a twist on your next hamburger and French fries, I've got the perfect idea for you. Put it in a bowl. Does that sound boring and anti-American? I promise, it's not.

It's quite fun to take a classic and twist it up a bit. It keeps things interesting!

Bowls are popular right now, but what I love most about "Hamburger Bowls" is the sautéed, seasoned, spiralized potatoes. The flavor and texture they add is second to none. Plus, if you need to be gluten-free or simply don't feel like eating a bun, then this dish is your new best friend.

SIMPLY DELICIOUS

Healthy, colorful, simple, and delicious, it doesn't get much better.

What kind of hamburger dish would

it be without dessert? Now that would be boring and anti-American. But don't worry, I've got a potato suggestion for that, too.

"Potato Protein Mousse" is where it's at, a velvety chocolate mousse that is packed with flavor and, best of all, protein! Wait, I lied, the best part is that you can have dessert ready in 20 minutes or less.

Simply blend agave, cocoa powder, milk, espresso powder, cottage cheese, and dehydrated potato flakes, pour the mixture into small bowls or cups and you're done. You could even make it fun by laying



Hamburger Bowls

INGREDIENTS:

1	russet potato, spiraled (alternatively, potato can be chopped)
3/4 tsp.	paprika, divided
1/4 tsp.	garlic powder
	salt & pepper to taste
1	yellow onion, diced
1	Clove minced garlic
1 lb.	lean ground turkey, chicken, bison or beef
1 Tbsp.	Worcestershire sauce
2 1/2 C	shredded romaine lettuce
1 C	cherry tomatoes, quartered
4	Thinly sliced dill or butter pickles



Dressing for Hamburger Bowls

INGREDIENTS:

2 Tbsp.	nonfat plain Greek yogurt
2 Tbsp.	mayonnaise
2 Tbsp.	ketchup
1 Tbsp.	olive oil
1 tsp.	apple cider vinegar
1/8 tsp.	garlic salt and pepper

out different toppings and letting everyone choose their own, kind of like a charcuterie dessert board.

Two of my taste testers had a hard time sharing theirs, but my third taste tester got hers later that evening, and my fourth taste tester (Eric) isn't a fan of chocolate. That just means there's more for the rest of us.

DIRECTIONS

Spray a large skillet with cooking spray (or add olive oil to the skillet) and heat over medium-high heat.

Add the spiraled potato and season with 1/4 teaspoon each of paprika, garlic powder, salt, and pepper. Cook until soft and browned (about 10 minutes). Set aside.

Into the same large skillet, add more cooking spray or olive oil, and cook garlic and onion for about 3 minutes or until tender.

Add the ground meat, break it up with a wooden spoon or spatula and add Worcestershire sauce. Season



with 1/2 teaspoon each of paprika, salt, and pepper. Stir frequently and cook until it's browned and no pink remains (about 5-10 minutes).

For the dressing, add all ingredients to a bowl or jar and whisk to combine. Taste the dressing and add salt if needed.

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Potato Protein Mousse

INGREDIENTS:

1/2 C	almond milk
1/2 C	dehydrated potato flakes
6 Tbsp.	cocoa powder
1/3 C	agave
2 C	cottage cheese
1/2 tsp.	coffee powder

Toppings

1/4 C	raspberries
	Sliced almonds (optional)
	Mini chocolate chips (optional)

Prepare the bowls by dividing the potato noodles, hamburger meat, and lettuce into four bowls. Top with tomatoes, pickles, and dressing.

DIRECTIONS: Potato Protein Mousse

In a blender or food processor, combine the almond milk, potato flakes, cocoa powder, agave, cottage cheese, and coffee powder.

Blend until smooth. Scrape down the sides, ensuring to fold in anything unblended. Blend once more.

Pour into small jars and store in the refrigerator for up to three days. Serve with fresh berries.

Visit <https://eatwisconsinpotatoes.com/recipes/potato-protein-mousse/>. **BC'T**



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