



DISHING IT UP WITH DANA

Potato Pizza Bites Are a Real Game Changer

These tasty bite-size morsels include protein, healthy fat, and complex carbohydrates

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

In February 2013, our son, Griffin, was born. Approximately two-and-a-half years later, his brother, Easton, came along. I didn't grow up with brothers, but I've heard many mothers comment about how frequently boys eat, especially as they mature.

So, when Griffin and Easton were infants, I thought, "At least I don't have to worry about the grocery bill until they're in high school." That was the biggest lie I told myself. Yes, economic circumstances and other factors have all contributed to spending more on food each week.

As a family, we focus on eating quality proteins, healthy fats, and fruits and vegetables. Even so, I am in awe at how fast Griffin, who is now 13 and one year away from high school, is growing. Easton is no slouch, either, but he hasn't quite hit the same growth spurt as his older brother.

In March, we bought Griffin new tennis shoes and cleats for baseball since he had outgrown his from the beginning of the school year. On that shopping spree, we bought him a size 12 in men's. Barely five months later, he showed me that his toes were poking through the tennis shoes.

He is quite proud that he's officially surpassed me in height as of this summer (when I'm not wearing heels) and isn't far behind me in weight either.

HEALTHY FOOD

You're looking at a mom who needs to keep food in the house. And while the boys will eat just about anything, I don't want just any food. I want to support them with whole, satiating, healthy, delicious, and preferably homemade food, including snacks, meals, side dishes, and everything in between.

Especially with on-the-go schedules throughout the year between baseball, football, basketball, and swimming, ensuring that the boys and their sister, Havyn, receive the nutrients they need to be their best each day is vital for their success and growth.

Potatoes easily fit the criteria given the health benefits they naturally provide, their satiating properties, and especially, their versatility. The humble potato's ability to

POTATO PIZZA BITES

INGREDIENTS:

2	large russet potatoes
4 Tbsp	butter, melted
1	egg, beaten
1/2 cup	grated parmesan cheese
1 cup	shredded mozzarella cheese
2	ripe tomatoes, peeled and thinly sliced
12	fresh basil leaves

successfully adapt to various dishes and flavors is truly one of my favorite qualities about America's most-loved vegetable.

That's why keeping "Potato Pizza Bites" in the Rowdy Rady household is a "no-brainer." An easy snack to make ahead of time, keep in the freezer, and use for a quick snack

continued on pg. 74



Dishing It Up with Dana...

continued from pg. 73



or lunch can make all the difference when you're bouncing from school to evening practices and don't walk through the door again until 7 p.m.

These bite-sized morsels have protein, healthy fat, and complex carbohydrates. They're also completely customizable to fit your individual tastes. Trust me, they're a real game changer!

Directions:

Place potatoes in a large saucepan with just enough water to cover them. Bring the pot to a boil and cook for 15 minutes, or until potatoes are tender. Drain the potatoes, and when cool enough to handle, peel



Above: Both the 11U and 13U Hodag baseball teams took first place at the baseball tournament, in Mosinee, the weekend of July 24. Pictured left to right are Eric, Havyn, Dana, Easton (#22), and Griffin (#15) Rady.

and grate.

In a large bowl, mix the melted butter, beaten egg, and parmesan cheese. Stir in the grated potatoes until well-blended.

Preheat the oven to 350 degrees.

Lightly coat the insides of the cups of a 12-cup muffin tin with cooking spray. Press grated potato mixture in the bottom and up the sides of the muffin cups.

Divide the mozzarella cheese evenly between muffin cups. Top cheese with a tomato slice in each cup and place a basil leaf on top of each tomato slice.

Bake for 20 minutes or until tomato slices are cooked and cheese is golden brown.

Visit <https://eatwisconsinpotatoes.com/recipes/potato-pizza-bites/>.

Left: The 13U Hodags took first place in their last tournament of the 2026 baseball season, in Rhinelander, on the weekend of July 31. Pictured left to right are Easton Rady, Carol Blado (Dana's mom), and Havyn, Griffin, Dana, and Eric Rady, along with the dog, Yukon.



ADVERTISERS INDEX

1,4 Group.....	71
AgCountry Farm Credit Services..	56
Altmann Construction	51
Ascendance Truck Centers.....	28
Atticus LLC	68
Badger State Irrigation.....	76
Baginski Farms Inc.	35
Big Iron Equipment.....	11
Binfront Barriers	46
BTU Ventilation.....	27
Bushmans' Inc.	3
Colorado Certified Potato Growers Association.....	53
Compeer Financial.....	50
Dewulf Group	69
Food + Farm Exploration Center..	13
Gorman Controls Ltd.	37
Hammer-Lok.....	45
Insight FS	58
J.W. Mattek & Sons	19
Jay-Mar Inc.	48
John Miller Farms	49
M.P.B. Builders, Inc.	29
Mast Enterprises	32
McGowan Rice Construction	65
Miller's Roofing & Construction, LLC	17
Montana Potato Advisory Committee	72
National Potato Council.....	2
Nelson's Vegetable Storage Systems Inc.	9
North Central Irrigation	47
Nutrien Ag Solutions	21
Paragon Potato Packing	34
Redline Solutions.....	70
Roberts Irrigation	60
Ron's Refrigeration	24
Ruder Ware	66
Rural Mutual Insurance	57
Sand County Equipment.....	59
Schroeder Brothers Farms.....	7
Solanum International.....	44
Swiderski Equipment	23
T.I.P., Inc.	15
ThorPack, LLC	31
Vista Financial Strategies.....	33
Volm Companies.....	36
WPVGA Putt-Tato Open Thank Sponsors	43
WPVGA Support Our Members...	61
WSPIA.....	55
Wyma Solutions.....	5
Yara North America	75