



All Shook-Up Roasted Lemon Potatoes + Crunchy-Creamy Celery Salad + Lemon Celery Smoothie

By Dylan Sabuco

Prep Time 25 / **Cook Time** 25 / **Serves** 4 - 6

Shopping List

FRESH

4 to 6 medium Yukon Gold potatoes ******(see allergy subs below)*

2 lemons

1/3 C fresh flat-leaf parsley

6 celery stalks

3 apples (your choice)

1/2 C red grapes

DAIRY

1 1/4 C plain yogurt ******(see allergy subs below)*

PANTRY

1/4 C shelf-stable grated Parmesan cheese ******(see allergy subs below)*

1 tsp garlic powder

1 1/2 tsp salt

1/2 tsp ground black pepper

1 T vegetable oil ******

1/3 C honey

HAVE ON HAND

- large sealable plastic bag
- parchment paper
- 1 C ice
- 2 C water

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

roast: to cook foods, like meats and vegetables, surrounded by dry heat in an oven, over an open flame, or in a pan on the stovetop.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

slice: to cut into thin pieces using a sawing motion with your knife.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

- Oven
- Baking sheet
- Parchment paper
- Large sealable plastic bag
- Cutting board

- Kid-safe knife
- Dry measuring cups
- Measuring spoons
- Measuring tools
- Heat-resistant turner
- Zester (or grater with small zesting plate/side)
- Citrus squeezer (optional)
- Medium mixing bowl
- Wooden spoon or rubber spatula
- Blender (or pitcher + immersion blender)
- Liquid measuring cup

Ingredients

All Shook-Up Roasted Lemon Potatoes

- 4 to 6 medium Yukon Gold potatoes ******(for NIGHTSHADE ALLERGY sub 2 to 3 sweet potatoes)******
- 1/4 C shelf-stable grated Parmesan cheese ******(for DAIRY ALLERGY sub 1/4 C nutritional yeast)******
- 1 tsp garlic powder
- 1 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 T vegetable oil ******
- 1 lemon (use 1 T zest + 1 T juice in potatoes and 1 tsp zest in salad if making)
- 1/4 C fresh flat-leaf parsley

Crunchy-Creamy Celery Salad

- 4 celery stalks
- 1 apple (your choice)
- 2 T fresh flat-leaf parsley
- 1/2 C red grapes
- 1 tsp lemon zest (from lemon used in meal plan's potatoes or smoothie)

1/4 C plain yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******

2 T honey

Lip-Puckering Lemon Celery Smoothie

2 celery stalks

2 apples

1 C plain yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******

1/4 C honey

1 lemon, juiced

1 C ice

2 C water

Food Allergen Substitutions

All Shook-Up Roasted Lemon Potatoes

Nightshade: For 4 to 6 medium Yukon Gold potatoes, substitute 2 to 3 sweet potatoes.

Dairy: For 1/4 C shelf-stable grated Parmesan cheese, substitute 1/4 C nutritional yeast.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Crunchy-Creamy Celery Salad

Dairy: Substitute dairy-free/nut-free plain yogurt.

Lip-Puckering Lemon Celery Smoothie

Dairy: Substitute dairy-free/nut-free plain yogurt.

Instructions

All Shook-Up Roasted Lemon Potatoes

intro

This recipe is simple and delicious. Roasting potatoes is a simple way to make them golden brown, crispy, and fully packed with flavor. What's even more fun is that we will be shaking our potatoes like crazy to coat them in all the yummy flavors we pick out!

slice + shake

Slice **4 to 6 Yukon Gold potatoes** into wedges and place them in a large sealable plastic bag. Then, measure and add **1/4 cup grated Parmesan cheese, 1 teaspoon garlic powder, 1 1/2 teaspoon salt, 1/2 teaspoon black pepper,** and **1 tablespoon vegetable oil**. Shake the bag of ingredients until the potatoes are fully coated in seasonings and oil.

roast + flip

Pour the potatoes onto a parchment-lined baking sheet. Preheat the oven to 375 F. Slide the potatoes into the oven and roast them for 25 minutes or until golden brown. Halfway through the cooking process, flip the potatoes.

zest + juice

Wash **1 lemon**, then zest and juice it. Also, roughly chop **1/4 cup parsley**. When the potatoes are golden brown and out of the oven, toss them with **1 tablespoon lemon zest, 1 tablespoon lemon juice,** and the **chopped parsley**.

serve

Serve the spuds alongside **Crunchy-Creamy Celery Salad** and **Lip-Puckering Lemon Celery Smoothie**. Enjoy!

Crunchy-Creamy Celery Salad

chop + measure

Roughly chop **4 celery stalks, 1 apple,** roughly **2 tablespoons parsley,** and slice **1/2 cup red grapes** in half. Place them all in a medium bowl.

measure + stir

Measure **1/4 cup plain yogurt, 2 tablespoons honey,** and **1 teaspoon lemon zest** into the bowl. Once all the ingredients are in the bowl, mix with a wooden spoon or rubber spatula until fully combined.

Lip-Puckering Lemon Celery Smoothie

measure + blend

Roughly cut **2 celery stalks** and **2 apples** into large chunks and place them in a blender (or pitcher for use with an immersion blender). Measure and add **1 cup plain yogurt, 1/4 cup honey, 1 cup ice,** and **2 cups water**. Blend until smooth.

juice + blend

Squeeze the juice of **1 lemon** into the blender and quickly blend once more. Pour the drink into cups and enjoy!

Featured Ingredient: Potato!

Hi, my name is Spud! That's my nickname, though. I'm actually a Potato!

"I'm sometimes a bit dirty because I grow down in the soil, but I clean up just fine. You may notice I sometimes have 'eyes' on my skin. That's where I sprout so new potato plants can grow. You can use the end of a vegetable peeler or a knife to remove those sprouts unless you're going to plant me! We are versatile, starchy vegetables that you can leave whole, slice, dice, shred, or mash and bake, boil, fry, grill, or roast!"

History & Etymology

Potatoes are the foremost vegetable crop in the world! They are root vegetables native to the Americas. Scientists believe the first potatoes were cultivated about 8,000 years ago by hunters and gatherers near Lake Titicaca—high in the Andes mountains, on the border between Peru and Bolivia.

Those first farmers obtained the cultivated potato by domesticating wild potato plants that grew prolifically around the lake. Over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in other climates.

In 1532, the Spaniards invaded Peru searching for gold, but they took a different treasure back to Europe: the potato! Over the next 300 years, the potato became a staple crop in Europe and soon found its way to India, China, and Japan. China now grows the most potatoes worldwide.

The potato has been a staple ingredient in the German diet since the 17th century when King Frederick was known to give seeds to citizens and demonstrate how to plant them for food.

Famines occurred in the mid-1700s, and people in Germany realized the importance of potatoes because they could be grown in harsh environments.

Where are most of the potatoes produced in the United States? In Idaho! Approximately one-third of all potatoes in the US are grown there.

The potato was the first vegetable grown in outer space!

President Thomas Jefferson was the first person to serve french fries in the United States (in 1802 in the White House).

Potatoes are so popular that a plastic toy called "Mr. Potato Head" has been sold by Hasbro since 1952. Initially, they sold it as separate parts, like eyes, ears, mouth, hats, etc., that could be attached to an actual potato with pushpins. Due to too many ruined potatoes and new safety rules, in 1964, Hasbro added a plastic potato body with holes to insert the plastic body parts and clothing. The toy was the first to be advertised on television.

The English word "potato" comes from the mid-16th century from the Spanish "patata," which may have been a hybrid of "batata" (sweet potato) from the extinct Taíno language and "papa" (potato) from the Quechua language.

Anatomy

Potatoes are tubers and are members of the Nightshade family, which also includes tomatoes, eggplants, peppers, and tobacco.

The potato plant has a relatively short lifespan of anywhere from 80 to 150 days, determined by the variety of the potato. Furthermore, according to the International Potato Center in Peru, there are more than 4,000 varieties, with most found in the Andes Mountains!

Potatoes do not grow from seeds like other vegetables and fruits. Instead, they grow from "seed potatoes," which sprout and form roots underground.

During its first stages of life, sprouts form from the eyes of the primary tuber. First, farmers prepare the earth by tilling it in rows that form ridges. Next, they remove stones from the soil to help the potatoes grow in uniform, oval shapes. Then, the seed potatoes are planted and covered with dirt for protection.

Seed potatoes are planted in the Spring so that the warmth from the sun can stimulate the plants to grow.

First, roots form from the seed potatoes, and new shoots reach up through the soil toward the warm sun.

Soon, green leaves grow on the shoots, establishing the potato plants. Then roots spread underground in the earth, and the potatoes grow from these roots. Potatoes are relatively easy to grow, even in harsh environments.

How to Pick, Buy, & Eat

Choose potatoes that are smooth, plump, free from blemishes, cuts, and decay, and that don't give when you squeeze them.

Potatoes start getting soft when they go bad, so choose firm potatoes at the grocery store.

Smell potatoes before buying them: they should smell fresh and faintly of dirt since they grow in soil.

Waxy potatoes are best for boiling and steaming, as they contain less starch and won't absorb as much liquid. Examples of waxy potatoes are Yukon gold, fingerling, Carola, LaRette, and Austrian Crescent.

Medium-starch, all-purpose potatoes (red, purple, Onaway, and goldilocks varieties) work well when baked, roasted, fried, and used in soups and gratins.

Russet potatoes are best for frying (such as in hash browns and french fries), as they contain less starch and will get crisper.

Store potatoes in open or hole-punched paper bags (not plastic) to keep air circulating around the potatoes. Plastic bags can trap moisture and cause potatoes to rot quicker. Also, keep the bag in a dark, dry space. Chlorophyll will develop and produce a tell-tale green tinge if you store potatoes in too bright a place. If this happens, a toxic compound called solanine also forms, and it is best to toss any green potato in the garbage.

Nutrition

Potatoes, with their skin, are rich in carbohydrates and a good source of energy. In addition, they have a high content of vitamin C and potassium, and protein that is well matched to human needs.

One cup of cooked potatoes contains 32 percent of the daily value of vitamin B6. This vitamin is a major antioxidant (antioxidants help clear the body of harmful substances). We need B6 for our brains and hearts, helping us learn and focus better, keep our moods up, and keep our brains sharp. Vitamin B6 is also required to make all new cells in the body, which happens every minute of our lives!