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## starch side dishes: potatoes, grains, pastas, breads



the basic side	vary the cooking method	add some pizzazz	
<b>Potatoes</b>			
<i>Besides the usual reds (which are best for boiling) and russets (which are best for baking) try some of the specialty potatoes now on the market, like Yukon gold, Yellow Finn and purple.</i>	Steam <sup>1</sup> <i>Especially good for new potatoes</i>	Top with	Plain, whole milk yogurt and dill Olive oil, lemon juice and parsley
	Boil	Mash with	Milk, buttermilk and/or chicken broth Roasted garlic Cheddar cheese or goat chevre Boiled parsnips, rutabagas, carrots or cauliflower At the end add Sautéed red onions and fresh basil
	Pressure Cook	Toss with	Pesto Rosemary flavored olive oil
	Slow Cooker Cook	Top with	Butter and parsley Grainy mustard sauce <sup>2</sup>
	Bake	Top with	Sour cream and chives Sautéed green onions and blue cheese crumbles Salsa and cheese Chili
	Braise	Cook with	Chicken broth as the braising liquid Thinly sliced onions (good with sliced potatoes) Fennel diced to ½" (good with cubed potatoes)
	Stew	Cook in	Canned tomatoes with minced ginger and garam masala Chicken broth with carrots, thyme and sage
	Hash Browns <i>(grate or cube leftover or fresh potatoes)</i>	Fry with	Thinly sliced leeks and/or chopped red pepper Curry powder and cumin (ground or seeds)
	Oven-Fry <i>(cut into slices, sticks or wedges)</i>	Toss (before cooking) with	Equal amounts chili powder, dried oregano and ground cumin Barbeque sauce
	Roast <i>(cut into cubes)</i>	Toss (before cooking) with	Italian Seasoning Fresh minced garlic and rosemary
	Cream Cook	Top with	Breadcrumbs mixed with parmesan cheese, broil Gruyere cheese, broil

### Parsnips

*Begin acquiring a taste for these not-so-common root vegetables by first adding them to something else, like a stew or mashed, roasted or hash brown potatoes. Once you are ready, try boiled parsnips pureed with a little cream and curry powder, turnips braised in chicken broth with fresh ginger and/or garlic, or rutabagas braised in broth with cream and Dijon mustard added at the end.*

### Turnips

### Rutabagas

<sup>1</sup> Remember to check the Notes at the end of this Guide for information on cooking techniques.

<sup>2</sup> See the notes at the end of this Guide for information on making basic sauces.