



Cooking Contest Corner

Grown In Idaho Recipe Contest

(NAPSA)—The prize for the Grown In Idaho® Recipe Contest is no small potatoes. The contest, which searches for the best holiday recipes made with Idaho® Potatoes, offers a Grand Prize of \$7,500.

Submitting a tasty holiday recipe made with Idaho Potatoes should be easy as they are a traditional favorite served on America's

To enter the Idaho Potato Holiday Recipe Contest, send your favorite holiday recipe made with Idaho-grown potatoes and the Grown In Idaho seal from the package. For more information, visit www.idahopotato.com. 

holiday dinner tables—not to mention all year long!

“There are so many great, healthy and tasty ways to prepare Idaho Potatoes,” said Denise Austin, fitness expert and spokesperson for the Idaho Potato Commission. “Share your favorite recipe and you could be a winner.”

To enter the Grown in Idaho Recipe Contest, send your favorite holiday recipes made with Idaho Potatoes and the Grown In Idaho seal from the package. For more information, visit www.idahopotato.com.

**Deanne Wilkins' Garlic
Idaho Potatoes**
Yield: 4 servings

Ingredients:

- 3 medium (6 to 8 ounces each) Idaho Potatoes, well scrubbed**
- cooking spray**
- pepper to taste**
- ½ stick butter**
- 1 medium onion, chopped (about ¾ cup)**
- 1 tablespoon garlic salt**

Directions:

1. Preheat oven to 400° F. Spray a loaf pan or small casserole dish with cooking spray. Slice potatoes (with skins on) and place into pan or dish. Season with pepper.

2. In a small saucepan, over medium heat, sauté butter with chopped onion and garlic salt for 5 minutes, or until onions are soft. Pour onion mixture over potatoes.

3. Cover pan with foil and bake for 35 to 40 minutes. Or, place pan on a medium-hot grill for 20 to 25 minutes.

Approximate nutritional information per serving: 275 calories, 12 g fat, 31 mg cholesterol, 1729 mg sodium, 4 g protein, 40 g carbohydrates.