

Curried Potatoes

Serve these flavorful potatoes with roasted chicken and a salad for a filling and tasty dinner.

Makes: 6 servings

Ingredients

- 1 small onion, finely chopped
- 3 cups potatoes, peeled and chopped into 1 inch cubes
- ¼ cup butter
- ¾ cup low-sodium chicken broth
- ½ tablespoon curry powder
- ½ tablespoon lemon juice

Directions

1. Boil the cubed potatoes in a medium saucepan until they are soft, about 10-15 minutes. Drain off the hot water.
2. Add ice cold water to cover the potatoes and set aside to cool.
3. Melt the butter on medium heat in a frying pan or skillet.
4. Cook the onion in the butter until softened.
5. Drain the water from the potatoes and add them to the frying pan. Stir and cook until they absorb the butter.
6. Add the broth, curry powder, and lemon juice.
7. Cook until the potatoes have absorbed the broth.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

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