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*Let's be honest guys, ladies aren't the only ones watching their waistlines. Our Gut Check column offers tailored advice on how to keep your weight in-check by offering easy, healthy twists on your favorite foods and exercise advice for men who want to be closer to six-pack abs than a beer belly.*

[Potatoes](#) are often thought of as a true all-American vegetable -- and a staple during sports-watching weekends. Yet there are many ways to consume them beyond potato chips and French fries.

"You can do anything to any of kind of potato," said Thomas McNulty, a personal chef in Washington, D.C. That goes for the [sweet potato](#) and purple potato, which are in local farmer's markets now, as well as old standbys such as russets.

Many people enjoy their potatoes fried, but you aren't doing your body any favors eating spuds in this form. Here are four healthier, flavorful recommendations from McNulty that you can dig into guilt-free while you watch the game.

#### **Baked French Fries**

You can indulge in French fries without the unhealthy effects of frying. Cut up any kind of potato into long "fries" and boil them until al dente. (They should slide off a toothpick.) Spice them with chili powder or cumin, top them with a drizzle of olive oil and bake them at 400 F until golden brown (at least 10 to 15 minutes).

#### **Boxty**

This Irish potato pancake is similar to a latke. Combine half a cup of raw, grated potatoes with 1 cup cooked, mashed potatoes in a large bowl. Mix in 1 egg, 1 cup of milk, 1/2 teaspoon baking powder and 2 cups flour. Use a spoon to drop the mixture onto a heated non-stick pan, forming patties that are about two inches in diameter. Cook on each side until golden brown (about three to four minutes).

"You can make them thin enough to wrap other food in, like egg whites and turkey bacon," McNulty said.

#### **Kashmiri Dum Aaloo**

Try this potato- and yogurt-based dish for Indian flavor. Soak 5 cups of baby potatoes for 20 minutes, then pan-sear them with a little olive oil until they're golden brown (approximately 20 to 25 minutes) and drain the potatoes on paper towels. Take protein-rich Greek yogurt and mix with a variety of your favorite Indian spices, such as ginger, fennel and Kashmiri chilies. Toss the potatoes and spiced yogurt together.

Fill a pan with 1/2 cup of water and a pinch of salt. Add the potatoes and cook on a low heat for 10 to 15 minutes, then add cumin and garam masala powders (to taste) before cooking on low for another five minutes.

#### **Twice-Baked Baby Potatoes**

This is technically a once-baked recipe; there is some work here, but it's a healthy and tasty way of eating baby red potatoes. Take 10 to 12 red potatoes, boil them until al dente and cut them in half. Scoop out the insides -- leave just enough to keep the edges sturdy -- and mash them in a bowl while adding spoonfuls of low-fat milk and just enough Greek yogurt to keep them creamy. Add chopped scallions for added flavor.

Use a spoon to put the mashed potatoes back into the skins and bake at 350 F for 25 to 30 minutes. McNulty noted the nutritional benefits of potato skins, which are loaded with fiber and vitamin C. "It's a lot healthier than those potato skins you can buy from the T.G.I. Friday's brand," McNulty said.

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