20 Dollar Potato Day

Breakfast:

**Potato pancake served with almond milk, and berries:**

<http://allrecipes.com/recipe/33118/german-potato-pancakes/>

**Ingredients**:

* 2 eggs
* 2 tablespoons flour
* 1/4 teaspoon baking powder
* 1/2 teaspoon salt
* 1/4 teaspoon pepper
* 6 medium potatoes, peeled and shredded
* 1/2 cup finely chopped onion
* 1/4 cup vegetable oil

**Steps:**

1. In a large bowl, beat together eggs, flour, baking powder, salt, and pepper. Mix in potatoes and onion.
2. Heat oil in a large skillet over medium heat. In batches, drop heaping tablespoonfuls of the potato mixture into the skillet. Press to flatten. Cook about 3 minutes on each side, until browned and crisp. Drain on paper towels.

For the potato pancakes, you will mainly taste the potatoes and the onion. The salt in the pancakes will bring out the flavour, as well as the onion. The Potatoes give it it’s texture

Lunch:

**Snapper Potato salad:**

[http://allrecipes.com/recipe/8779/chicken-potato- salad/](http://allrecipes.com/recipe/8779/chicken-potato-%20salad/)

**Ingredients:**

* 2 boneless chicken breast halves, cooked (substituted to 2 snappers)
* 3 potatoes cooked
* 2 hard boiled eggs
* 1 ¼ cup pickled cucumbers (substituted to 1 long English cucumber)
* ¼ salt
* 2 tbsp olive oil

**Steps:**

1. Chop the chicken, eggs, potatoes and pickled cucumbers into very small pieces. Mix all together. Add the salt and mayonnaise, then the olive oil. Toss to coat. Refrigerate for 2 to 3 hours before serving.

The pickles in the snapper potato salad will bring out some of the flavour. The hard-boiled eggs and the potatoes will add most of the texture to the salad. The snappers will also add to this recipe.

Dinner:

**Potato Bacon Soup and backed potatoes:**

**Potato Bacon Soup:**

<http://allrecipes.com/recipe/235445/very-easy-potato-bacon-soup/>

* 3/4 cup finely chopped onion
* 2 cups peeled and diced potatoes
* 1 1/2 cups water
* 1/2 teaspoon dried dill weed (optional)
* 1/2 teaspoon salt
* 1/4 teaspoon ground black pepper
* 1 3/4 cups milk
* 3 tablespoons real bacon bits
* 1 tablespoon dried parsley, or to taste

**Steps:**

1. Melt butter in saucepan over medium heat; cook and stir onion until lightly browned, about 10 minutes. Add potatoes, water, dill weed, salt, and pepper to onion; bring to a boil. Reduce heat and simmer until potatoes are tender and water is almost all evaporated, at least 30 minutes.
2. Stir milk and bacon bits into potato mixture; bring to a boil. Remove from heat and stir parsley into soup.

In the potato bacon soup, the potatoes and the bacon will give it the flavour and the texture. The salt parsley and the pepper will give the soup some flavour, and bring out the overall taste of the soup.

**Baked Potatoes:**

<http://www.food.com/recipe/so-simple-baked-potatoes-406415>

**ingredients:**

* 4 large [russet potatoes](http://www.food.com/about/potato-106), rinsed well to remove all dirt
* 1 teaspoon [salt](http://www.food.com/about/salt-359), divided
* 1 teaspoon [ground black pepper](http://www.food.com/about/pepper-337), divided
* 4 tablespoons [margarine](http://www.food.com/about/margarine-421), divided (substituted to butter)

**Steps:**

1. Preheat oven to 350 degrees.
2. Pierce each potato several times with a fork.
3. Place potatoes on oven rack, and bake for 1 hour or until fork enters potatoes easily.
4. Split potato in half without cutting all the way through.
5. Add 1/4 each of salt,pepper, and add 1 Tablespoon margarine to each potato.
6. Eat and enjoy :) !

In the baked potatoes, the backed potato will give most of the flavour and the texture. The salt and pepper adds some flavour to the potato. You will mainly be able to taste the potato itself.

**Grocery List:**

Potatoes: 2 bags for $4.94 ~Used for all meals

Eggs: $2.93 for 18 ~Used for all meals

Flour: Staple ~Used for breakfast

Baking powder: Staple ~Used for breakfast

Salt: staple ~Used for all meals

Pepper: staple ~Used for breakfast and dinner

Onion: $1.62 3lb ~Used for breakfast and dinner

Vegetable oil: Staple ~Used for lunch and breakfast

Blueberries: $0.75 ½ pound ~Used for breakfast

Almond milk: Earth's Own Almond Original $2.37 ~Used for breakfast

Cucumber: $1.00 ~Used for lunch

2 Snapper fish: $2:00 ~Used for lunch

Mayonnaise: Staple ~Used for lunch

Bacon Bits: $1:50 ~Used for dinner

Water: Staple ~Used for dinner

Dried parsley: Staple ~Used for Dinner

Dried dill weed: Staple ~Used for dinner

Milk: Staple ~ Used for dinner

Butter: Staple ~Used for dinner

Total = $17.11