Potato Dishes That Warm the Belly

Comfort foods are often made with potatoes, which is an amazing way to warm those bellies! Here are some different dishes that use potato as a major component.

**Baked Potatoes**

The first type of potato dish you can make is a baked potato, but there are many different variations. The basic of a baked potato is wrapping the potato in foil, poking holes in it with a fork, then letting it bake for about an hour. It does take quite a bit of time to cook it all the way through even in the oven, since you aren’t cutting it before baking. You can microwave it, but it won’t have the same taste or texture. You can go with a standard baked potato with butter and sour cream, or go a little healthier by topping it with cottage cheese. Some other good toppings include bacon pieces, cheese, chives, chopped veggies, and guacamole.

**Breakfast Potatoes**

If you are looking to have a nice big breakfast, potatoes are an excellent component to add. They don’t have to be super unhealthy either; you can always reduce the amount of oil you use and not cover them in cheese to make them a little healthier. There are also some variations for breakfast potatoes, from baking or frying hash brown patties, to going with shredded hashbrowns or o’brien potatoes, which usually have peppers and onions in them.

**Roasted Potatoes**

Making roasted potatoes is a really easy way to have a potato side dish or a main potato course, depending on which way you go with the other ingredients. They can be simple roasted potatoes with some garlic salt sprinkled on top and baked, or you can top them with cheese and bacon, or a variety of other seasonings. If you mix in breakfast meat and eggs, or go a different route with chicken, they become a main course instead. Roasted potatoes are crispy, delicious, and usually simple to make.

**Homemade French Fries**

There is no need to drive-thru McDonald’s just to have French fries. You can control the ingredients and make them a little healthier at home. Even if you decide to actually fry them oil, they won’t have as many preservatives, so they can still be healthier than what you get from fast food restaurants. However, you can also make them healthier by baking the potatoes instead of frying them. Serve them with ketchup, mayonnaise, or anything else your family enjoys.