



Give Your Family More of the Good Stuff!



Potato Basics

potatoes are a good source of potassium and vitamins C and B6.



Shop and Save

- ✿ Choose clean, smooth, firm potatoes with no cuts or bruises.
- ✿ Avoid potatoes with sprouts or green skin.
- ✿ Potatoes are generally available year round. Buy what you can use within a few weeks for best quality.
- ✿ Potatoes are also available in frozen or canned forms.

Types of Potatoes

Although there are more than 200 kinds of potatoes sold in the United States, most belong to one of these groups:

 **Russet** – medium to large ovals with brown skin and white to pale yellow flesh. Flesh becomes fluffy when cooked. Use for fluffy mashed or baked potatoes.

 **Red** – small to medium round or oval shape. Red skin is thin and smooth; flesh is white to yellow. Flesh stays moist and smooth or “waxy” when cooked.

 **White** – small to medium round to long shape with thin, light tan skin and white flesh; flesh holds its shape well after cooking

 **Yellow** – small to large; round to oblong; light tan to golden skin; yellow to golden flesh. Slightly sweet to buttery flavor when cooked. Dense, creamy texture.

Potatoes are naturally free of fat, sodium, and cholesterol.

Store Well Waste Less

- Wash potatoes just before cooking – scrub gently under cool running water.
- Sprouts show that the potato is trying to grow. If a sprouted potato is still firm, cut the sprouts away before cooking.
- Freezing cooked potatoes at home is not recommended because of texture changes.

Potatoes keep best where it is:

- Cool, but not refrigerated** - Cooler temperatures help potatoes last longer. Avoid refrigeration because it may change the taste and cause a gummy texture.
- Well ventilated** – Use paper bags or plastic bags with holes that allow air flow but keep potatoes from shriveling.
- Dark** – Potatoes exposed to light can develop a green color and a toxin near the surface. Green parts will have a bitter taste; cut them off before cooking.

Cooking with Potatoes

Parmesan Roasted Potatoes

Ingredients:

- 3 cups **potatoes** cut in 1-inch pieces
- 2 teaspoons **oil**
- ¼ teaspoon each **salt** and **pepper**
- ½ cup **Parmesan cheese**, shredded or grated

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, toss potatoes with oil, salt and pepper.
3. Place potatoes in a single layer on a large baking sheet.
4. Roast 25 minutes; sprinkle with cheese; roast 5 to 10 minutes more. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes about 3 cups

Prep time: 10 minutes

Cooking time: 30 to 35 minutes

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FoodHero.org
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potato recipes

Keep Potatoes Low Fat

- ☀ Top baked potatoes with plain yogurt or fat-free sour cream, cooked or raw veggies, or cooked beans.
- ☀ Make baked oven “fries” rather than frying potatoes in fat.
- ☀ Use potato cooking water, low-fat milk or buttermilk in mashed potatoes.



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ☀ scrub potatoes with a brush under cool running water.
- ☀ use a vegetable peeler.
- ☀ measure and stir ingredients.

Cheesy Potato Soup

Ingredients:

- 1 medium **onion**, chopped (about 1 cup)
- ¼ cup **celery**, chopped
- 1 teaspoon **oil**
- 2 cups **potatoes**, peeled and diced bite size
- 2 cups **chicken broth**
- ¼ teaspoon **pepper**
- 3 Tablespoons **cornstarch**
- 1½ cups nonfat or 1% **milk**, divided
- 1 cup (4 ounces) reduced-fat **cheddar cheese**, shredded
- 1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Directions:

1. In a large saucepan over medium-high heat, sauté onions and celery in oil until onions are clear.
2. Add the potatoes, broth, and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 25 minutes or until the potatoes are tender.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes about 6 cups

Prep time: 10 minutes

Cook time: about 40 minutes

