



Give Your Family More of the Good Stuff!



\$hop and \$ave

- ✿ 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.

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

Potato Basics

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



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.

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:

- 1. Cool, but not refrigerated** – Cooler temperatures help potatoes last longer. Avoid refrigeration because it may change the taste and cause a gummy texture.
- 2. Well ventilated** – Use paper bags or plastic bags with holes that allow air flow but keep potatoes from shriveling.
- 3. 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

Go to
FoodHero.org
for easy, tasty
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