



Nutrition Facts:

- Potatoes are a great source of Vitamin C, potassium and B6 for a **healthy brain and body**.
- They are fat free and low in calories.
- They are a good source of fiber for a **healthy digestive system**.
- Are considered a starchy vegetable as they contain more sugars than other vegetables.
- 20% of the nutrients are found in the skin! Eat the skin to get more nutrients.
- Enjoy maximum nutrition from baking or roasting and don't forget to eat the skin!



POTATOES

What is it?

A potato is a starchy, tuber vegetable that grows underground all over the world.

What does it taste like?

Potatoes have a delicate flavor and texture.

When **boiled**, a potato can have a creamy, buttery texture and flavor.

When **baked**, a crunchy crust forms and makes for a delightful texture and nutty flavor.

Potatoes are an amazingly versatile vegetable and can accent any dish!

Fun Facts!

- Potatoes can be boiled, baked, sautéed, fried, mashed, stuffed, sliced, pureed, or made into soup! Anything is possible with a potato.
- Potatoes are grown in 149 countries and have been a staple food in households for hundreds of years.
- Potatoes are very hearty plants and are grown in 35 US states.
- More than 100 varieties of potatoes are sold in the US.
- Potatoes come in all different shapes, sizes, and colors. Potatoes as big as your hand or as small as your finger can come in purple, white, yellow, blue and red colors! Explore them all!



How To Prepare POTATOES

HOW TO:

STORE: Store your potatoes in a cool, dry place such as a well-ventilated cupboard or in a paper bag on the counter away from windows.

Potatoes can be stored this way for up to 2-3 months.

Avoid storing in the refrigerator until cooked.

Don't wash before storage. Wash before you use them.

Avoid eating potatoes that have turned green. If sprouted, it is ok to cut the sprouts off before eating.



Wash



Peel

How to Prepare:

- Scrub potatoes under cold running water to wash off any dirt.
- If peeling, use a very sharp knife or vegetable peeler and peel very thin strips of the skin off.
- Follow recipe for boiling, baking, roasting, or sautéing.

Cowboy Mashed Potatoes

Ingredients:

- 5 Potatoes if medium red or yellow (use only 4 if large brown variety cut in quarters). Peel if desired.
- 2 cloves garlic
- 1 ½ cup frozen mixed veggies , thawed OR canned vegetables
- 2 tablespoons butter
- 1/4 cup milk OR broth
- 1/4 cup shredded Cheddar cheese
- Salt and pepper to taste

1. Place potatoes and garlic cloves in a large pot. Cover with water, and bring to a boil over high heat. Cook 15 to 20 minutes, or until potatoes are tender. Drain water from pot.
2. Add butter and milk OR broth. Mash with a potato masher until potatoes reach desired consistency. Stir in veggies. Mix in cheese, salt, and pepper. Serve hot.

This recipe is easy to make with any frozen or canned vegetables! Great way to get your veggies and feel full! Feel free to top with sour cream, onion, or herbs. Makes a great main dish or side to a meat entrée.

Prepared by Hopelink
Volunteers

References:

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2. Potato. Fns.usda.gov
3. Potato Goodness Unearthed. www.potatogoodness.com
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