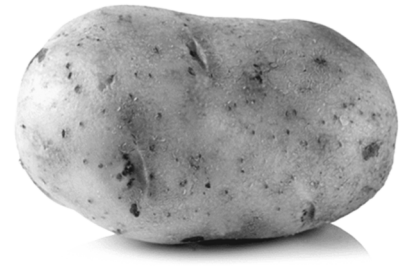




Potato



Why eat potatoes:

- Good source of vitamin C and potassium.
- Vitamin C supports strong immune systems.

How to store and when to throw out:

- Store in a cool, dark, dry place (not a refrigerator) for up to five weeks.
- Don't store potatoes close onions.
- If they sprout "eyes" just pop them off. They are still good.
- Throw out when they feel soft when pressed or are moldy.

Preparing Potatoes

Wash and scrub thoroughly before cooking.

After cooked, season with salt, pepper, garlic, or spices of your choice.

Boil:

Place the potatoes in a large pot. Add cold water to cover the tops of the potatoes. Turn the burner on high and wait for water to boil. Reduce heat to medium low. Cover and cook in gently boiling water until tender, about 15 minutes for cubed potatoes and 20 to 25 minutes for quartered potatoes. Drain in a colander. Season.

Bake:

Preheat the oven to 300 degrees F. Scrub the potato, and pierce the skin several times with a knife or fork. Rub the skin with olive oil. Bake for 90 minutes, or until slightly soft and golden brown.

Cut potatoes in half and top with low-fat sour cream or plain greek yogurt and your choice of toppings—like avocado and salsa, broccoli and cheddar cheese, or tomatoes and bell peppers.

Roast:

Preheat oven to 425. Line a baking sheet with foil. Slice, dice, or cube washed potatoes. Toss with oil and spices. Roasting time depends on the size of the potato. Thinly sliced take 15 minutes. Diced take 20-25 minutes. Larger cubes take 30-40 minutes. Roast until soft and slightly crispy.

Types and their uses:

Starchy

- Low moisture, high starch, and don't hold their shape. Great for boiling, baking, and frying. Not good for casseroles or salads.

Types: Idaho, russet

Waxy

- Creamy, firm, and moist and hold their shape. Good for roasting, boiling, salads, and casseroles.

Types: Red, new, fingerling, adirondack, inca gold

All Purpose

- Medium starch content so truly good for anything

Types: Yukon gold and purple peruvian

Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)	
Calories 68	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

German Potato Salad

Makes 8 servings—serving size 1/2 cup

Ready in 1 hour

Ingredients:

- 2 pounds potatoes, unpeeled, and cubed
- 1 zucchini, cubed
- 1 red onion, chopped
- 1/4 cup *plus* 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar (or any vinegar in your pantry)
- 1 tablespoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. In a large pot, put potatoes and enough water to cover them. Bring to a boil. Reduce heat and cook, about 10 minutes or until soft when pierced with a fork. Drain and let cool.
2. In a large skillet, over medium heat, cook zucchini and onion in a tablespoon of oil until soft.
3. In a large bowl, stir together remaining oil, vinegar, mustard, garlic, salt, and pepper.
4. Add cooled potatoes, zucchini, and onions. Toss to coat.
5. Refrigerate until cool. Serve chilled.

Chef's Notes:

- Add 1/2 cup plain greek yogurt for a creamy potato salad.
- Add sliced black olives for extra flavor.

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

