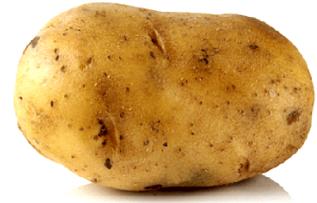




# Potato



## Why eat potatoes:

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

## How to store:

- Store in a cool, dark, dry place (not a refrigerator) for up to five weeks.

## When to throw out:

- When they are not firm and feel soft when pressed
- Mold growth

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## Preparing Potatoes

- Wash thoroughly before cooking.
- Boil, bake, steam, roast, or microwave.
- Top baked potatoes with low-fat sour cream or low fat plain greek yogurt and your choice of toppings—like avocado and salsa, broccoli and cheddar cheese, or chopped tomatoes and bell peppers.

## Boiled:

Place the potatoes in a large saucepan or pot. Add enough cold water to cover the tops of the potatoes. Turn the burner on high and bring water to boiling. Reduce heat to medium low or low. Cover the pan with a lid. Cook the potatoes in gently boiling water until tender, about 15 minutes for cubed potatoes and 20 to 25 minutes for quartered potatoes. Drain the potatoes in a colander. Season with oil, salt, pepper, herbs and spices.

## Baked:

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.

\*Season any cooked potatoes with salt, pepper, garlic, or a seasoning spice of your choice.

## Quick Tips:

- Potatoes are a versatile starch that is great in dishes as well as a side dish.
- Potatoes are often served mashed. Add some color by mashing in other vegetables as well such as carrots.
- Create homemade potato chips by slicing thinly. Bake on an oiled baking sheet at 400 degrees until golden and crispy. Season with chili powder, garlic powder, or just salt and pepper. It's your creation!

## Nutrition Facts

|  |                     |
|--|---------------------|
| Serving Size: ½ cup potato, cooked (78g) |                     |
| Calories 68                              | Calories from Fat 0 |
| <hr/>                                    |                     |
| % 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%             |

# Roasted Vegetable Medley

## Ingredients:

2 sweet/white potatoes      2 tablespoons olive oil  
1 medium butternut squash    ½ teaspoon salt and pepper  
1 onion                              Herbs & spices (optional)

## Directions:

1. Pre-heat oven to 400 degrees F.
2. Wash and peel veggies, deseeding squash.
3. Cut into 1-inch cubes.
4. Add olive oil, herbs and spices; toss to coat.
5. Spread onto a baking sheet and bake for 30-45 minutes.

## Chef's Notes:

\*Add your choice of spices or herbs, like rosemary, or garlic to add flavor.

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# Potato Leek Soup

## Ingredients:

2-4 leeks, chopped  
Butter or oil  
6 cups low-sodium broth  
3-4 cloves garlic, minced  
2 lbs Yukon gold potatoes, washed & chopped  
Bay leaf, parsley, oregano, & pepper

## Directions:

1. In a large pot, sauté leeks in butter or oil over medium heat until soft, ~5 minutes.
2. Add minced garlic and cook an additional minute.
3. Pour in broth. Add potatoes. Toss in herbs and pepper to taste. Simmer until potatoes are soft, ~40 minutes. Remove bay leaf before serving.

Optional: Serve with half & half on the side for a creamier soup.

## 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.

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## 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.



1 cup



1/2 cup