

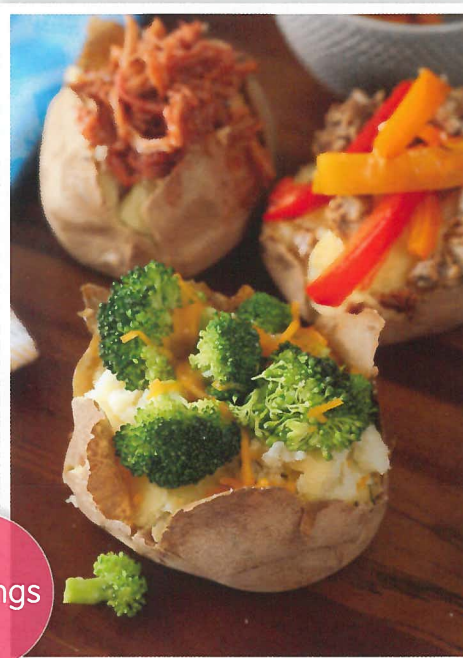
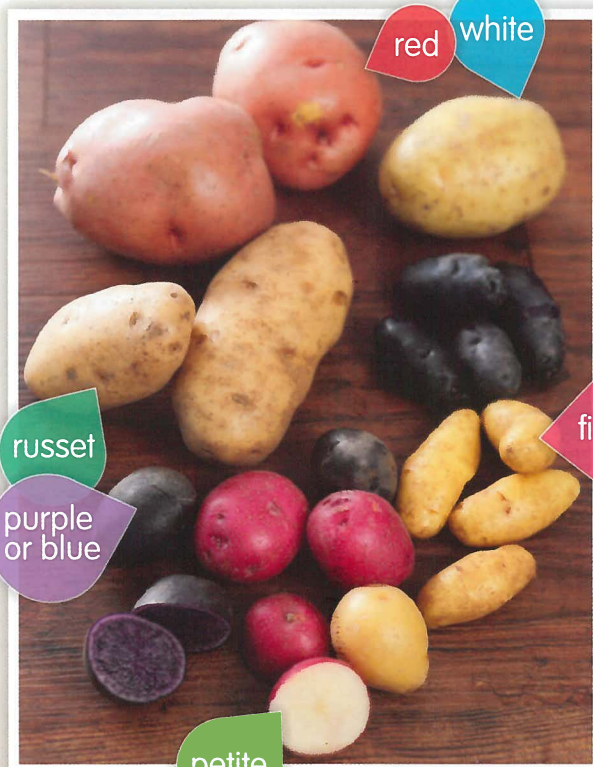
potatoes

Use potatoes to create **satisfying meals** that stretch your food dollars.

choose

Select clean, firm, smooth and dry potatoes with no cuts or bruises.

1 pound = 3 medium potatoes



baked potatoes

Use russets for a fluffy baked potato with a crisp skin.

Step 1 Scrub potatoes. Pierce potatoes with a fork on each side.

Step 2 Place potatoes on a metal baking sheet.

Step 3 Bake potatoes in a 400° oven for 45 minutes, or until tender.

Quick Bake - microwave a potato on high for 3 to 4 minutes, or until tender.

Simply Baked Potato - Top with a little butter, salt and black pepper. Serve with baked chicken, fish or a pork chop.

top a potato:

- **Veggie Potato** - cooked broccoli, carrots or peas.
- **Taco Potato** - cooked ground turkey and pepper strips. Add salsa and chopped avocado.
- **Barbecue Potato** - shredded pork or cooked ground turkey mixed with a little barbecue sauce.

store

Keep potatoes in a cool, dark place. Do not store next to onions. Do not refrigerate. Use within 3 to 5 weeks.

prepare

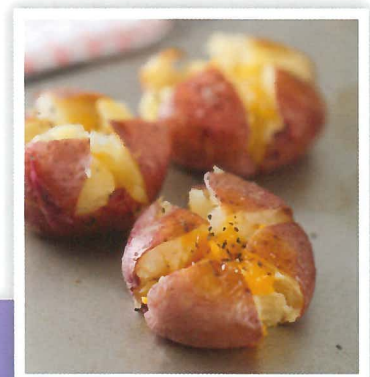
Scrub potatoes with a vegetable brush under running water, or remove the peel with a vegetable peeler.

2 cups mashed potatoes = 1 pound

3 cups peeled and sliced potatoes = 1 pound

try smashed potatoes

Bake small potatoes in the oven until tender. Smash each potato on the baking sheet. Top with a little butter. Bake for 5 more minutes. Sprinkle with a little cheese.

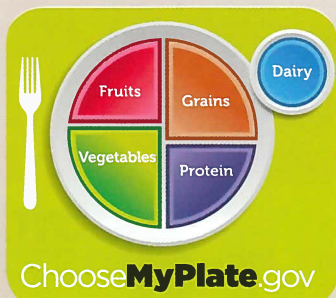


Russets are the most common potato. They make fluffy baked or mashed potatoes.

Reds and Whites stay firm and hold their shape when cooked. They absorb the flavors in a soup, stew or salad.

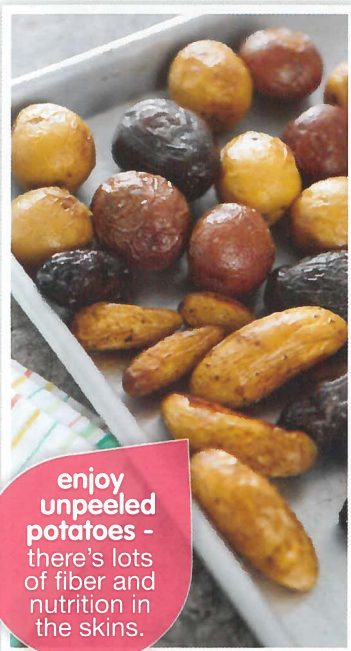
Reds, Yellows, Petites, Blues, Purples and Fingerlings are delicious when roasted, baked, grilled or in salads.

Potatoes are fat free, sodium free, high in vitamin C and a good source of potassium.



medium potato	
Calories	164 (213g)
Dietary Fiber (5g)	19%
Vitamin A	0%
Potassium	12%
Iron	9%
Vitamin C	70%
Folate	9%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.



oven roasted potatoes

Use a variety of potatoes - red, white, petite, purple, blue or fingerlings.

Step 1 Scrub potatoes. Cut large potatoes into chunks and place on a metal baking sheet.

Step 2 Sprinkle lightly with olive oil, salt and black pepper. Toss until potatoes are evenly coated.

Step 3 Spread potatoes out in a single layer. Roast in a 450° oven for 30 to 45 minutes.

enjoy unpeeled potatoes - there's lots of fiber and nutrition in the skins.

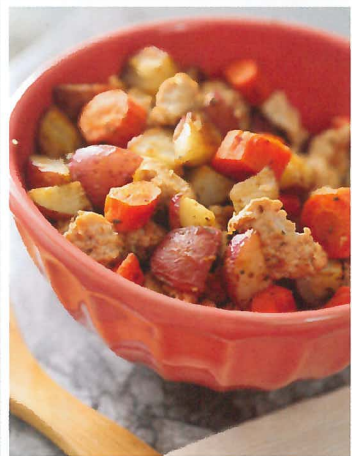
Roast extra potatoes for later meals:
(use leftover cooked potatoes within 2 to 3 days)



Breakfast Burrito - roll up scrambled eggs, roasted potatoes, and shredded cheese in a tortilla. Serve with salsa.



Potato Salad - toss roasted potatoes with a low fat salad dressing. Serve on top of a lettuce salad.



Stove Top Hash - cook ground turkey or beef in a skillet until browned. Add roasted potatoes and carrots. Cook for 3 more minutes.



Potato Nachos - cut potatoes into wedges and roast. Serve with chopped peppers, black olives, refried beans, shredded cheese and salsa.

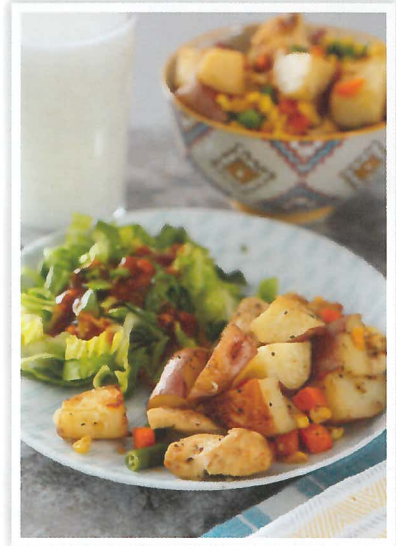
one pan chicken & potatoes

- 3 chicken breasts
- 3 medium potatoes
- 2 tablespoons oil
- salt and black pepper
- garlic powder
- 1 cup frozen vegetables

Step 1 Cut chicken and potatoes into chunks. Sprinkle with oil, salt, black pepper and garlic powder.

Step 2 Spread chicken and potatoes on a metal baking sheet. Roast in a 450° oven for 30 to 45 minutes.

Step 3 Add vegetables to baking sheet. Roast for 10 more minutes.



Makes 4 servings - One serving (¾ cup) has 328 calories, 8 gm fat, 246 mg sodium and 6.5 gm fiber.



mashed potatoes

Make fluffy mashed potatoes with russets or whites.

- 3 medium potatoes
- 1 teaspoon butter
- ½ cup skim milk
- salt and black pepper

Step 1 Peel potatoes and cut into large chunks. Place potatoes in a pan of salted water.
(¼ teaspoon salt with 2 to 3 quarts of water)

Step 2 Cook potatoes over medium high heat for 20 minutes, or until tender. Drain water off the potatoes.

Step 3 Add butter and milk to the potatoes. Use a potato masher or electric beater to slowly blend milk into the potatoes until fluffy. Add more milk if needed. Season with salt and black pepper.

Makes 4 servings - One serving (½ cup) has 142 calories, 2 gm fat, 178 mg sodium and 4 gm fiber.

add veggies to mashed potatoes:

for awesome color, flavor and nutrition!

- **Cauliflower Mashed Potatoes** - mash or puree cooked cauliflower. Stir into the mashed potatoes.
- **Broccoli Mashed Potatoes** - mash or puree cooked broccoli. Stir into the mashed potatoes.
- **Golden Mashed Potatoes** - mash cooked carrots or sweet potatoes. Stir into the mashed potatoes.