



Give Them More
of the
Good Stuff!

Potato Basics



Russet bake, mash, roast

Potatoes are loaded with
vitamin C and potassium.

Purple boil,
steam, roast,
salads, soups,
stews



White all ways



For best results,
match the type of
potato with the
suggested ways of
cooking them.

Red boil, steam, roast,
salads, soups, stews



Yellow all ways



New, Petite
(any potato harvested young)
boil, steam, roast



Fingerling bake, steam, roast

store Well Waste Less

- Potatoes keep best where it is dark, cool and well ventilated.
- Store in a cabinet or drawer so light will not cause the skin to turn green and bitter. Avoid storing under the sink or near appliances that get hot.
- Store in a cool place but not in the refrigerator. Temperatures

below 45 degrees F can change flavor and texture.

- Store in a paper bag or a plastic bag with holes that allow air flow.
- Scrub potatoes under running water just before cooking.
- If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.
- Put raw cut potatoes in a bowl of cold water with a splash of vinegar or lemon juice to keep them from turning brown.

Shop and Save

- Choose clean, smooth, firm potatoes with no cuts, bruises, sprouts or green skin.
- Potatoes are available year round. For best quality, buy the amount you can use within a few weeks.
- Potatoes are also available frozen, canned and dehydrated.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Potatoes

Potato Pals

Ingredients:

- 1 pound **potatoes**, cut in cubes
- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**
- ½ teaspoon **garlic powder** or 2 cloves garlic, minced

Directions:

1. Preheat oven to 400 degrees F.
2. In large bowl, stir together potatoes, oil, salt and garlic powder.
3. Lay potatoes out on a baking sheet.
4. Bake until potatoes are soft, about 20 minutes. Toss a couple times while roasting.
5. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cooking time: 20 minutes

Go to
FoodHero.org
for easy, tasty
potato recipes

Mashed Potatoes

1. In a medium saucepan, cover with cold water 1½ pounds of potatoes, peeled (if desired) and cubed (about 6 cups).
2. Bring to a boil and simmer until potatoes are soft, about 15 minutes.
3. Drain and mash potatoes, then stir in ½ cup low-sodium broth or milk, 2 Tablespoons low-fat plain yogurt or sour cream, ½ teaspoon garlic powder, ½ teaspoon salt, ¼ teaspoon pepper and 1 Tablespoon margarine or butter, if desired.
4. Serve hot. Makes about 4 cups.

Cheesy Potato Soup

Ingredients:

- 1 cup chopped **onion**
- ¼ cup chopped **celery**
- 1 teaspoon **vegetable oil**
- 2 cups diced **potatoes**
- 2 cups low-sodium chicken **broth**
- ¼ teaspoon **pepper**
- 3 Tablespoons **cornstarch**
- 1½ cups low-fat **milk**, divided
- ¾ cup (3 ounces) shredded **cheddar cheese**
- 1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Directions:

1. In a large saucepan over medium-high heat, sauté onion and celery in oil until onion pieces are clear, about 3 to 5 minutes.
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



When kids help make healthy food, they are more likely to try it. Show kids how to:

- **scrub potatoes under running water.**
- **choose their own potato toppings for a quick meal.**