

What's Fresh:

Potatoes



Storage Tips:

Do not refrigerate!
Store in a cool & dark place at room temperature.
Do not store next to onions.
Use within 2-4 weeks.

Healthy & Easy:

Don't peel them!

Potatoes are packed with nutrition—most of it is located in the skins.

Leave the peel on for more potassium, fiber, iron and vitamin C & B6.

Preparation Tips:

- ◆ Just before using, gently scrub potatoes under running water. Pat dry.
- ◆ Trim away any blemishes or sprouted eyes with a knife and discard.
- ◆ Potatoes can be cooked & eaten whole.
- ◆ To dice a large potato, slice off one edge to create a flat surface. Place cut side down on the cutting board. Slice lengthwise into planks. Rotate planks so they are flat and cut into strips. Cut strips in the opposite direction to create cubes.
- ◆ For even cooking, cut into equally-sized pieces. Smaller potatoes can be quartered, halved, or left whole.

Ways to cook potatoes:



- ◆ **Microwave them whole.** Poke potatoes 5-6 times with a fork. Microwave on high for 3-5 minutes, rotating once half-way through, until fork-tender. Cut open and top like a baked potato, or chop and mash with butter, milk, salt & pepper.
- ◆ **Microwave them in cubes.** Place cubed potatoes in a microwave-safe dish; toss with a bit of oil, salt, pepper and your favorite seasonings. Cover and microwave for on high for 5-10 minutes, or until fork-tender, turning halfway through.
- ◆ **Bake them.** Preheat oven to 400°F. Pierce whole potatoes with a fork. Bake for 45 minutes or until fork-tender. Season and top with cooked veggies, salsa, beans or shredded cheese.
- ◆ **Roast them.** Preheat oven to 400°F. Cut potatoes into 1/2-inch cubes. Toss with a few tablespoons of oil and season with salt and pepper. Roast for 15 minutes. Turn potatoes with a spatula and bake for another 10-15 minutes, or until fork-tender.
- ◆ **Boil them.** Cut potatoes into evenly sized cubes. Place potatoes in a pot and cover with an inch of water with a teaspoon of salt. Bring a boil over medium-high heat. Once boiling, reduce heat and simmer and cook for about 15 minutes or until fork-tender.
- ◆ **Sautee them.** Heat a few tablespoons of oil over medium-heat. Add cut potatoes and cook, stirring often, until potatoes are slightly browned, about 10 minutes. Add salt, pepper, minced garlic or garlic powder and herbs; cook for 5 more minutes or until tender.

See more recipes on the back 



Make it a meal!

RECIPES

Southwestern Topped Potatoes

Ingredients:

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| 4 baking potatoes | 1 (15-oz.) can pinto or black beans, drained & rinsed |
| 1 Tablespoon oil | 1 (15-oz.) can corn, drained & rinsed |
| 1/2 cup chopped onion | 1 (15-oz.) can diced tomatoes, drained |
| 2 garlic cloves, minced (or 1/2 tsp garlic powder) | Salt & pepper to taste |
| 1 teaspoon cumin | 1/4 cup shredded cheddar or jack cheese (optional) |
| 1 Tablespoon chili powder | 1/4 cup chopped fresh cilantro (optional) |

Directions:

1. Pierce potatoes with a fork. Microwave on high for 10 minutes, turning halfway through, until fork-tender.
2. While potatoes cook, heat oil in a skillet over medium-high heat. Add onion, garlic, chili powder and cumin; cook, stirring often, for 3-5 minutes or until onion is softened. Reduce heat to low and add beans, corn, and drained tomatoes; cook for 3-5 more minutes or until thoroughly heated. Season with salt and pepper.
3. Split potatoes lengthwise but leave the bottoms in tact. Fluff inside with a fork. Spoon about 1 cup of the bean mixture over each potato. If using, top with cheese and cilantro.

Garlic & Herb Roasted Potatoes

Ingredients:

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| 4-5 potatoes | 1/2 teaspoon salt |
| 1/4 cup oil | 1/4 teaspoon pepper |
| 4 cloves garlic, minced (or 1 tsp garlic powder) | 2 tablespoons fresh herbs OR 1 teaspoon dried herbs such as parsley or rosemary |

Directions:

1. Preheat the oven to 400°F.
2. Scrub potatoes, but do not peel them. Cut the potatoes into evenly-sized 1-inch cubes.
3. In a bowl, coat the potatoes with oil, garlic, herbs, salt, and pepper. Spread in a single layer on a baking sheet.
4. Bake, flipping with a spatula 2 or 3 times, until tender and lightly browned, about 45 minutes. Serve hot.

Mashed Potatoes with Vegetables

Ingredients:

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| 4 chopped cups of potatoes | 1 teaspoon of salt |
| 1/4 cup low-fat milk | 1/4 teaspoon of pepper |
| 1 Tablespoon oil or butter | 1 teaspoon garlic powder (optional) |
- Veggies: 1/2 cup canned peas, carrots, green beans or spinach, drained & rinsed; 1 cup fresh spinach.

Directions:

1. Bring a large pot of salted water to a boil. Boil potatoes for 18-22 minutes or until soft enough to mash.
2. Drain and place in a large bowl. Mash with a fork or potato smasher. Mix in milk, oil/butter, salt, pepper, garlic powder (if using) and peas veggies of choice. Serve warm.

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