

# Potato

Most potatoes have a light brown or red skin with white flesh. Some of the new varieties have purple/blue skin with yellow flesh. The peel is good to eat and has many nutrients. Scrub under running water and cut off any green spots or sprouts before preparing.

Potatoes are vegetables which grow in the ground as tubers (fleshy, underground stems).

**Potatoes were first grown in the Andes Mountain of South America over 7,000 years ago.**  
Spaniards brought potatoes to Spain in the 1500's, which then gradually spread to the rest of Europe.  
Irish immigrants introduced potatoes to North America in the 18th century.

Potatoes are the second most popular vegetable in the world (after corn). They are inexpensive and available year round. Idaho grows 30% of the potatoes grown in the United States.

The potato has only a very distant relationship with the sweet potato, but because both vegetables grow in the ground, they have been often confused.

## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- High in potassium
- High in vitamin C

## VARIETIES

There are thousands of varieties of potatoes. Common North American potato varieties include:

- Russet Burbank
- Yellow Finn
- Red Gold
- German Butterball
- Yukon Gold

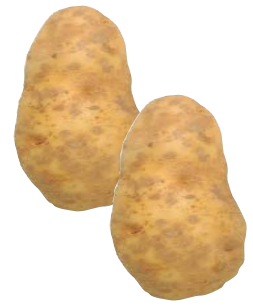


## USES

Potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed, fried or grilled). Potatoes can be added to soups, stews or casseroles. Other popular ways to eat potatoes are: potato salad, hashbrowns, potato chips and French fries. *Potatoes prepared with little or no added fat are more nutritious.*



**Broccoli Baked Potatoes**  
Preparation time: 1 hour, 30 minutes  
Number of servings: 6  
Cups of fruits or vegetables per serving: 1



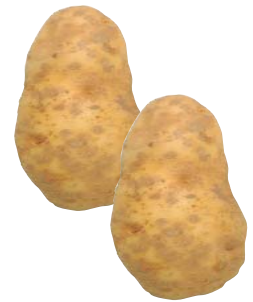
6 potatoes  
3 broccoli stalks  
¼ c. skim milk  
1 c. light Cheddar cheese, shredded, divided  
⅛ tsp. black pepper

1. Preheat oven to 350 ° F. Scrub and make shallow slits around the middle of the potato.
2. Bake potatoes for 30-60 minutes or until done.
3. Peel broccoli stems. Steam whole stalks until tender and chop finely. Put in a bowl and set aside.
4. Slice the potatoes in half and scoop out the insides into the bowl with the broccoli.
5. Set the potato skins aside.
6. Add milk, ¾ cup cheese and black pepper to potato and broccoli mixture. Mash ingredients together.
7. Heap the mixture into the potato jackets and sprinkle with the remaining cheese.
8. Bake for 15 minutes or until heated through.

Nutrition Information per Serving: Calories 210, Total Fat 2 g (2% DV), Saturated Fat 1 g (5% DV), Cholesterol 5 mg (2% DV), Sodium 140 mg (6% DV), Total Carbohydrate 39 g (13% DV), Dietary Fiber 5 g (20% DV), Sugars 3 g, Protein 10 g, Vitamin A 4%, Vitamin C 90%, Calcium 10%, Iron 10%.

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**Potato Salad**  
Preparation time: 1 hour, 30 minutes  
Number of servings: 6  
Cups of fruits or vegetables per serving: 0.5



2 c. potatoes, cubed	1 T. mustard
½ c. celery, chopped	2 T. pickle relish
¼ c. onion, chopped	½ tsp. salt
¼ c. green bell pepper, chopped	½ tsp. pepper
¼ c. low-fat salad dressing	1 tsp. dill weed

1. In a large saucepan, place potatoes and cover with water. Cover and bring to a boil.
2. Simmer until potatoes are tender. Remove from heat, drain potatoes, and cool completely.
3. In a large bowl, combine potatoes, celery, onion, and bell pepper.
4. In a small bowl, combine salad dressing, mustard, pickle relish, salt, pepper, and dill weed.
5. Add salad dressing mixture to vegetables and stir gently until coated evenly.
6. Refrigerate at least 1 hour before serving.

Nutrition Information per Serving: Calories 80, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (2% DV), Sodium 390 mg (16% DV), Total Carbohydrate 13 g (4% DV), Dietary Fiber 2 g (8% DV), Sugars 4 g, Protein 1 g, Vitamin A 2%, Vitamin C 25%, Calcium 2%, Iron 4%.