

POTATOES



New red potatoes are in season from mid-June through August.
White potatoes are in season from August through October.

Tips for selecting potatoes

Look for firm potatoes without sprouts growing from “eyes.” Do not choose potatoes with soft spots, wrinkled skin, or shades of green on the skin.

Storage

Store new red potatoes at room temperature and use within a few days. Keep white potatoes such as Yukon Gold in a cool, dark cupboard for several weeks or in a well-ventilated bag in the refrigerator for longer storage. Thick-skinned Idaho potatoes are best stored in a cool, dark cupboard. The green areas on some potatoes are bitter and should be peeled off before eating.

Preparation

New red potatoes

Wash potatoes lightly in warm water and leave whole. Do not peel.

White potatoes

Wash potatoes in warm water and scrub well. Cut off any sprouts. Avoid green potatoes.

Key nutrients

- Carbohydrates for energy
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin and blood

Recipes

Oven wedge fries

2 large potatoes

1 teaspoon vegetable oil

Optional seasonings include 2 cloves of finely chopped garlic or ¼ teaspoon garlic powder, ¼ onion salt, or an Italian seasoning mix.

Preheat oven to 400°F. Lightly grease baking sheet or spray with nonstick cooking spray. Wash and cut potatoes into quarters. Next, cut each quarter into wedges (the area with the skin) about ¼-inch wide. Toss potatoes with oil and place on a cookie sheet. Place the cookie sheet on an oven rack about 7 inches from the bottom of the oven. Bake for 7 minutes or until brown. Flip wedges over and sprinkle seasoning over the top. Bake for another 7 minutes or until brown and cooked throughout. Serves 4; 150 Cal; 1 g fat.

Chive potatoes

1½ pounds (10 to 12 small) red potatoes

2 tablespoons margarine or butter

2 teaspoons chives, finely chopped

½ teaspoon salt

¼ teaspoon pepper

Bring 1 inch of water to a boil in a large pot and add potatoes. Cover and return to a boil. Reduce heat and cook until tender, 15 to 20 minutes; drain and keep warm. Heat remaining ingredients just to boiling. Place hot potatoes onto a serving dish. Pour margarine or butter mixture over potatoes. Serves 4; 200 Cal; 6 g fat.



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