

Shopper's Guide

Selection

Look for

With new potatoes, look for firm potatoes that are free from spots and have smooth skins. For all-purpose and baking potatoes, look for reasonably smooth, firm potatoes free from spots and decay

Avoid

Potatoes with large cuts, bruises, or decay. Sprouted, soft, or shriveled potatoes have lost nutritional value. Also, avoid green potatoes as the green parts may cause bitter flavor.

Storage

Store potatoes in a cool, dark, dry place, away from apples or onions. Don't put them in an airtight plastic container or bag- they need some air. Also, don't store them in the refrigerator; this will make them taste sweet instead of starchy.

All-purpose and baking potatoes can keep for a month or more. New potatoes will only keep for a week. Check the bag to remove any potatoes that are soft, wrinkled or sprouting. Removing rotten potatoes stops the other potatoes from spoiling.



Recipe Collection

Veggie Stuffed Baked Potatoes

Makes 4 servings

Ingredients:

- 4 medium potatoes (Russet is best)
- 4 cups frozen mixed vegetables
- 1 1/4 cups sour cream, nonfat
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- black pepper to taste

Instructions:

1. Pierce each potato with a fork. Microwave on high until tender. This will be about 3-4 minutes per potato.
2. Steam mixed vegetables.
3. Mix the sour cream with the herbs and pepper.
4. Split the potatoes in the center and fill with steamed veggies. Top with sour cream and serve hot.

Nutrient Data

Serving Size for 1 potato with 1/4 cup stuffing: Calories 360, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 15 mg, Sodium 180 mg, Carbohydrate 74 g, Dietary Fiber 13 g, Protein 12g, Vitamin A 170%, Calcium 20%, Vitamin C 80%, Iron 20%

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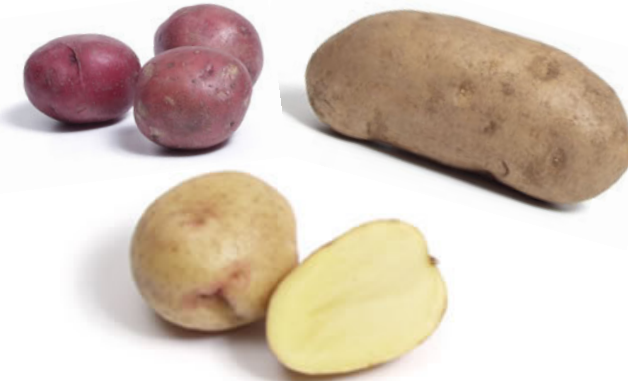
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Potatoes



What's So Great about Potatoes?

Healthy

Potatoes are rich in carbohydrates in the form of starch. Potatoes are an excellent source of vitamin C, potassium, and vitamin B6. They are a good source of niacin and thiamin (other B vitamins), too. The skin is an excellent source of fiber. Potatoes are naturally fat free.

Inexpensive

Potatoes are inexpensive and available year round.

Versatile

Potatoes can be baked, boiled, steamed, roasted, mashed, or fried. They can be eaten alone or as a side dish with other foods. They are often used as an ingredient in soups, stews, casseroles, and other mixed dishes.



Nutrition Information for 1/2 cup cooked Potatoes

Nutrition Facts			
Serving Size 1/2 cup 61g (61g)			
Servings Per Container 1			
Amount Per Serving			
Calories 57	Calories from Fat 1		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat			
Cholesterol 0mg	0%		
Sodium 3mg	0%		
Total Carbohydrate 13g	4%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 1g			
Vitamin A 0%	Vitamin C 13%		
Calcium 0%	Iron 1%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
NutritionData.com			

Key nutrient facts are circled in purple.

Did You Know?

1 Potato, 2 Potato

The potato is the most popular vegetable in the world. There are lots of great ways to eat potatoes.

Eat the Skin!

Most of a potato's nutrients lie just below the skin. When peeling, be sure to peel as close to the surface as possible.

An Eye for an Eye

An eye of a potato is a bud or a place for a new plant to grow.

