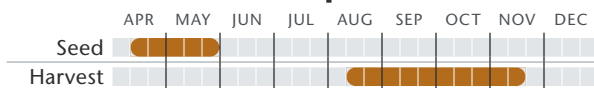


All About Potatoes

Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

Nutrient Power Pack

Potatoes contain key nutrients that benefit your health.
½ cup provides the following Daily Value (%DV).

Vitamin A ▶ Less than 2%

More than 20% ◀ **Vitamin C**

Folate ▶ 10–19%

More than 20% ◀ **Potassium**

Calcium ▶ 2–9%

10–19% ◀ **Iron**

Fiber ▶ 10–19%

2–9% ◀ **Vitamin K**

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Did You Know?

- * Potatoes are an excellent source of **vitamin C** and **potassium**, which promote healthy skin, immune function and a healthy heart. A baked potato has **two times as much** potassium as a banana!
- * Potatoes are also a good source of **fiber**, which promotes digestive health.
- * **Phytochemicals** found in potatoes help maintain healthy cholesterol levels.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



SNAP-Ed

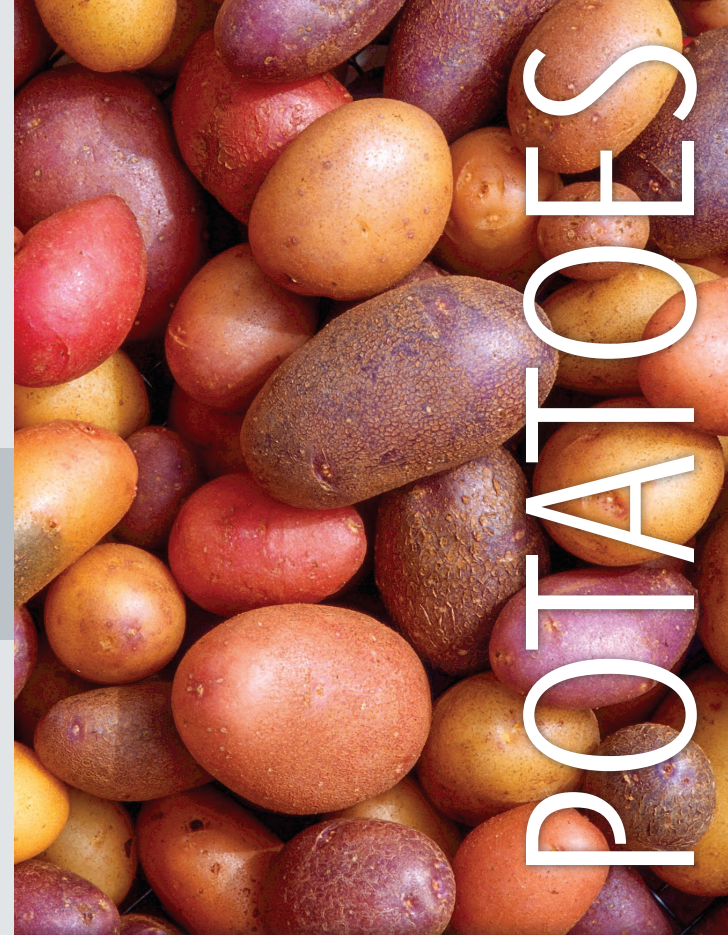
WASHINGTON STATE UNIVERSITY
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

Rev. March 22, 2018



POTATOES





Selecting and Preparing Potatoes

- ☞ Look for potatoes that are firm and fairly smooth. Avoid potatoes with sprouts, green or dark areas, or wrinkled skin.
- ☞ Potatoes will keep for up to two months in a cool, dry, dark place that is well ventilated. Do not refrigerate or wash potatoes before storing.
- ☞ Although they can freeze well as part of a stew or other prepared dish, do not freeze uncooked potatoes.
- ☞ Scrub potatoes with a vegetable brush before preparing, then cut out any bad spots, sprouts and green areas.
- ☞ If cooking whole, poke a few holes in the skin—steam can make your potato ‘pop’.
- ☞ Always store cooked baked potatoes in the refrigerator. Don’t eat potatoes left on the counter overnight as they may be unsafe to eat.

Potato Lasagna

Makes 4-6 servings

- 1 egg
- 1 cup cottage cheese
- 1 cup spaghetti sauce
- 4 ounces shredded cheese
- ¼ cup grated parmesan cheese
- 3 cups sliced baking potatoes
- 1 teaspoon oregano

- 1 Pre-heat oven to 400°F.
- 2 Mix egg, cottage cheese, spaghetti sauce and cheeses.
- 3 Alternate layers of potatoes and sauce mixture in a baking dish. Sprinkle oregano on top.
- 4 Cover with foil and bake for 40 minutes. Uncover and bake for another 15 to 20 minutes, or until golden brown.
- 5 Let cool 5 minutes before serving. Freeze individual servings in plastic wrap for a quick and easy meal later.

Polish Potato Casserole

Makes 2-3 servings

- 2 teaspoons oil
 - 1 tablespoon flour
 - 1 cup low-fat milk
 - 2 large potatoes, thinly sliced
 - ½ onion, thinly sliced
 - 1 cup cabbage, shredded
 - ¼ pound kielbasa*, thinly sliced
- *Kielbasa is a smoked Polish sausage. Try using a different smoked sausage—like chorizo—for a fun, new taste.*

- 1 Pre-heat oven to 350°F.
- 2 In a saucepan, heat oil. Stir in flour and cook for 1 minute, stirring constantly. Blend in milk and continue to stir until sauce begins to thicken. Remove from heat.
- 3 Lightly grease a casserole dish. Place ⅓ of the potato slices on the bottom. Add ½ of the onion slices, then ½ of the cabbage and ½ of the sausage in layers over the potatoes. Top with a ⅓ of the sauce. Repeat another layer of each, ending with a layer of potatoes and the remaining sauce.
- 4 Cover with foil and bake for 1 hour.

Potato & Egg Salad

Makes 8 servings

- 8 red potatoes, cubed
- 5 hard cooked eggs, cooled & chopped
- ½ cup chopped red or white onion
- ½ cup chopped celery
- ¾ cup mayonnaise
- 1 ½ tablespoons spicy or yellow mustard
- Black pepper, to taste

- 1 Place potatoes in a large saucepan and cover with water.
- 2 Bring to a boil. Cook covered until tender but still firm, about 8 to 10 minutes.
- 3 Drain potatoes and allow to cool (place in the refrigerator for about 10 minutes).
- 4 Combine potatoes, egg, onion, and celery in a large bowl.
- 5 Stir in mayonnaise and mustard. Add black pepper to taste.