

# Potatoes



Potatoes are a nutrient-rich, low-calorie root vegetable. They are even more nutritious when eaten with their skin. Use a variety of cooking methods to keep this healthy veggie interesting.

## Getting Started

Buy potatoes that feel firm and do not have many “eyes” (small brown or black spots that sometimes grow sprouts) or a green tinge. When choosing potatoes, know that each type works well with certain cooking methods.

- **White potatoes** have a thin skin and hold their shape when cooked. Try them boiled, mashed, grilled, or stewed.
- **Yellow potatoes** have a golden, creamy flesh. They’re considered an “all-purpose” potato. Try them mashed, roasted, boiled, baked, or grilled.
- **Red potatoes** have a reddish skin and white flesh. They are firm and hold their shape when cooked. Try them roasted or boiled.
- **Russet potatoes** are starchy and are brown in color. They are light and fluffy when cooked. Try them baked or boiled.

Store potatoes in a paper bag at room temperature. Do not keep them in the refrigerator. Wash potatoes well before cooking. Remove brown or black spots or small growths with a small knife.

## Equipment

- Cutting board
- Paring knife
- Fork
- Large pot with lid (for boiling potatoes)
- Colander (for boiling potatoes)
- Baking sheet (for baking or roasting potatoes)
- Large bowl (for roasting potatoes)
- Parchment paper or aluminum foil (for roasting potatoes)

### How to Boil Potatoes

1. Add cold water to a large pot until it is about  $\frac{3}{4}$  full.
2. Wash potatoes. If they are different sizes, cut them into equal-size chunks so they will cook evenly.
3. Add potatoes to the pot. Bring the water to a boil over high heat.
4. Turn the heat to low and simmer for 20 minutes or until a fork easily slides into the potatoes.
5. Drain the potatoes in a colander. Serve the potatoes or add them to your favorite recipe. One medium potato (or  $\frac{1}{2}$  cup for mashed potatoes) is 1 serving.

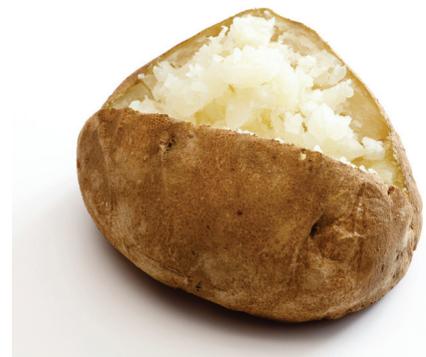
### How to Bake Potatoes

1. Preheat the oven to 350° F.
2. Poke holes on all sides of each potato with a fork.
3. Place the potatoes on a baking sheet lightly coated with nonstick cooking spray.
4. Bake the potatoes for 60 minutes or until a knife or fork easily slides into the potatoes.

If you don't have time to bake potatoes in the oven, use the microwave. You can "bake" a 7- to 8-ounce potato in the microwave in about 7 minutes or 2 potatoes in about 11 minutes. (Be sure to use a microwave-safe dish, not a metal baking sheet.)

### How to Roast Potatoes

1. Preheat the oven to 375° F.
2. Cut  $1\frac{1}{2}$  pounds potatoes into halves or quarters, depending on their size.
3. Combine the cut potatoes, 1 tablespoon olive oil,  $\frac{1}{8}$  teaspoon black pepper, and  $\frac{1}{2}$  teaspoon salt in a large bowl. For more flavor, add 1–2 cloves peeled and crushed garlic and 1 tablespoon chopped fresh rosemary.
4. Line a baking sheet with parchment paper or aluminum foil. Place the potatoes on the baking sheet in a single layer.



5. Bake for 30–40 minutes or until the potatoes are golden brown and tender.
6. Serve plain or topped with turkey or vegetarian chili; salsa; fat-free plain Greek yogurt; fat-free cottage cheese; and/or chopped scallions.

### Recipe Ideas

- **Garlic Mashed Potatoes:** Place 4 large boiled russet potatoes in a large bowl. Add finely minced garlic to taste. (Keep in mind—a little garlic goes a long way!) Mash the potatoes with an electric mixer or a potato masher. Stir in  $\frac{1}{4}$  cup hot low-fat milk for a creamier texture.
- **Baked Potato Wedges:** Preheat oven to 375°F. Cut 4 large russet or red potatoes into small wedges and bake them for 30–40 minutes. For extra flavor, sprinkle the wedges with 4 tablespoons grated parmesan cheese after they are baked.

