

POTATOES

potatoes potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

potatoes

Purchase potatoes in bulk to get the best buy. They come in threepound and larger size bags. To get the most food value from your potatoes — store them right.

How to Store Potatoes

Handle them gently. Bumps and bruises turn potatoes dark and cause them to rot.

The best way to store potatoes is in a cool, dark place.

Don't store potatoes in the refrigerator. Refrigerator temperatures turn the starch in potatoes to sugar, giving them a sweet taste and dark color when cooked.

Don't store potatoes in a warm place. Warm temperatures make potatoes sprout and shrivel.

Don't store potatoes in the light. Light causes potatoes to turn green and have a bitter flavor.

The ideal storage temperature is 45°-55°F.

A good place might be:

- a cool basement
- a garage
- a storage cellar

When properly stored, potatoes will remain fresh up to one month.

Potatoes are Good for You

Potatoes are a good source of vitamin C and B vitamins. If you are on a special diet, remember potatoes are low in fat and sodium.

How to Use Potatoes

Potatoes can be served many ways:

- baked
- pan roasted
- boiled
- steamed
- mashed
- or french fried

However you serve them:

 Scrub potatoes gently with a vegetable brush or sponge to clean

and

 leave the peeling on during cooking to conserve nutrients

OT

• peel the potatoes, trying to keep the peeling as thin as possible

Potato Salad

2-1/2 cups diced cooked potatoes

1/2 cup chopped onion

1/4 cup chopped celery

1/2 cup salad dressing or mayonnaise

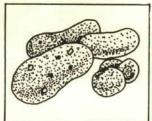
1 tablespoon mustard

1 hard-cooked egg, sliced salt and pepper to taste

Combine all ingredients and mix thoroughly. Cover and chill several hours before serving.

Serve potato salad for lunch or dinner with sandwiches or hamburgers.

Serves 6.



otatoes

potatoes

Potato Pancakes

- 4 cups shredded potatoes (about
 - 4 medium
- 2 eggs, beaten
- 1 small onion, finely chopped
- 1/4 cup flour
- 1 teaspoon salt
- 1/4 cup oil

Mix potatoes, eggs, onion, flour, and salt. Heat oil in a large skillet until hot. Pour out 1/4 cup batter for each pancake. Flatten each with spatula into pancake about 4 inches around. Cook pancakes until golden brown, about 2 minutes on each side. Add more oil if necessary to prevent sticking. Warm pancakes while making more.

Serve potato pancakes as a side dish with sausages and applesauce.

Makes about 16.

Scalloped Potatoes

6 to 8 medium potatoes, pared and thinly sliced (6 cups)

1/4 cup finely chopped onion

1/3 cup all-purpose flour

1-1/2 teaspoons salt

1/8 teaspoon pepper

2 cups milk

Layer half the potatoes in a lightly greased baking dish. Add half the onion and sift half the flour over the top. Sprinkle with half the seasonings. Repeat layers. Pour milk over all. Cover and bake at 350°F, for 1-1/4 to 1-1/2 hours. Uncover potatoes and bake 15 minutes longer.

Scalloped potatoes are good for dinner served with ham and a green vegetable.

In a large kettle, saute onion and celery in oil until tender. Add potatoes, water, and bay leaf and

30 minutes. Let cool briefly and

then add milk, margarine, salt, and

pepper. Heat through but do not

For a warm, delicious lunch, serve

potato soup with grilled cheese

cook until potatoes are tender, about

Serves 6.

Old Fashioned Potato Soup

- 2 tablespoons oil
- I medium onion, chopped
- 3 stalks celery, chopped
- 3 medium or 2 large potatoes, peeled and diced
- 4 cubs water
- I bay leaf
- I cup nonfat dry milk
- 2 tablespoons margarine salt and pepper to taste

Serves 4.

boil.

sandwiches.

Prepared by Penny Ross, Extension Food and Nutrition Specialist, MSU.

MSU is an Affirmative Action/Equal Opportunity Institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, sex, or handicap.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. J. Moline, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company. Revised-8-85-10M-TCM-UP, Price 10¢. Single copy free to Michigan residents.