



# POTATOES

Michigan-grown potatoes are available July through March.

## NUTRITION INFORMATION

One medium baked potato without skin has:

- 145 Calories.
- 0 grams fat.
- 2 grams fiber.

Potatoes are high in vitamin C. A food is high in a nutrient if a serving provides 20 percent or more of the Daily Value for that nutrient.

Nutrient information is based on the USDA nutrient composition database.

### Compare the Calories

Take a small (3 1/2 ounce) potato and ...

Eat it as	Calories
Baked or boiled	95
add 1 tablespoon butter or margarine	203
Mashed with 1 teaspoon butter and 1/4 cup low-fat milk	156
Hash browns	229
French fries	274
Potato chips	564

## HOW TO BUY



- Choose potatoes that are clean, firm and smooth with no sprouts ("eyes") or greenish color and no rotten smell.
- Handle potatoes gently. Bruised potatoes turn dark and begin to rot.

## YIELD

One pound equals about:

- 3 medium potatoes.
- 3 cups peeled and sliced potatoes.
- 2 cups mashed potatoes.
- 2 cups french fries.

## POTATO TYPES

**Round or white potatoes** have thin red, brown or yellow outer skin and are good for boiling and in stews. They can also be baked.

**New potatoes** are freshly harvested. They are sweet and moist and good for boiling and in stews.

**Russets** are oblong with thick outer skins. They are good for baking and make excellent mashed potatoes.

## HOW TO STORE

Store potatoes in a cool (45 to 50 degrees F), humid (not wet), dark place with good ventilation. When correctly stored, potatoes will remain fresh for up to a month.

If potatoes are stored in a warm place, such as under the sink, they might attract bugs and rodents. They will sprout and shrivel. Throw away potatoes that are shriveled or have many sprouts ("eyes").

If potatoes are stored where they are exposed to light, they turn green, produce a toxic substance and develop a bitter flavor. Peel off green areas before using. Throw away potatoes that are mostly green.

If potatoes are stored at cold temperatures, such as in the refrigerator, they develop a sweet taste and turn brown when cooked. Warm potatoes to room temperature before cooking.

## FOOD SAFETY TIPS

Keep potatoes away from raw meat so that meat juices do not contaminate them.

Scrub potatoes with a vegetable brush using cool running water before preparing them.

## QUICK AND EASY SERVING TIPS

■ Add sliced or cubed potatoes to soups and stews for a hearty dish.

■ Flavor mashed potatoes with finely chopped or grated onion, garlic or low-fat cheese.

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■ Top a baked potato with salsa, chili, fat-free sour cream or yogurt and chives, mixed vegetables, low-fat ranch-style salad dressing or low-fat cheese.

## HOW TO PREPARE

### To boil

Scrub potatoes and, if desired, peel. Put whole potatoes or potatoes cut into quarters into a saucepan. Add enough cold water to cover potatoes. Bring to a boil and cook over medium heat until tender when pierced with a fork.

### To bake

Scrub potatoes and pierce several times with a fork. Preheat oven to 400 degrees F. Place potatoes directly on the oven grate or on a baking sheet. Bake until fork tender, about 45 minutes (depending on size of potatoes). If potatoes are baked along with other foods or at a lower temperature, increase baking time.

### To microwave

Scrub a medium russet potato (6 to 8 ounces) and pierce with a fork 4 to 6 times. Place on a paper towel. Microwave on high power 4 to 6 minutes, turning once. Let stand for 2 minutes. Baking time varies, depending on the microwave and the potato. Add 2 to 3 minutes for each additional potato cooked at the same time.

Note: Microwave cooking times are provided as a guide. Cooking times vary because of differences in microwave ovens. Check product often for desired doneness.

## RECIPES

### Potato, Chicken & Corn Chowder

2 cups chicken stock	1/2 cup onion, peeled and chopped
1 cup celery, washed and chopped	
1/2 cup carrots, scrubbed and finely chopped	2 cups potatoes, scrubbed, peeled and diced
1 can (15 ounce) creamed corn	1 cup skim milk
2 cups cooked chicken, cut into bite-size pieces	salt and pepper to taste

On the stove, put chicken stock, onion, celery, carrots and potatoes into a large saucepan. Bring to a boil, then simmer 15 to 20 minutes until vegetables are tender. Add corn, chicken, milk and seasonings. Heat, but do not boil. Makes 6 (1 1/2 cups) servings.

### Microwave instructions:

In a deep microwave-safe bowl or casserole dish, combine chicken stock, onion, celery, carrots and potatoes. Cover and cook on high power in the

microwave for 12 to 15 minutes, until vegetables are tender. Add corn, chicken and milk. Season to taste. Cook on high power in the microwave for 3 to 5 minutes or until hot. Makes 6 (1 1/2 cup) servings.

This is an official 5 A Day recipe. Official recipes of the 5 A Day program meet specific criteria developed by the Produce for Better Health Foundation in cooperation with the National Cancer Institute. Recipe provided by the Prince Edward Island Potato Board.

Nutritional analysis per serving: 200 Calories; 4 grams (g.) fat; 40 milligrams (mg.) cholesterol; 3 g. fiber; 239 mg. sodium.

### Oven Wedge Fries

2 large russet potatoes

1 teaspoon olive oil or other vegetable oil

Seasoning suggestions: 2 cloves garlic, finely chopped, or Italian seasoning spice mix, or chili powder, or paprika with a tiny bit of cayenne pepper

Preheat oven to 400 degrees F. Scrub potatoes and pat dry with paper towel. Cut potatoes into quarters. Then cut each quarter into wedges with the wedge part (the area with the skin) being about 1/4 to 1/3 inch wide. Coat a nonstick cookie sheet with the oil. Lay the wedges on the cookie sheet, peeled side down.

Place the cookie sheet on the oven rack about 7 inches from the bottom of the oven. Bake for about 7 minutes (or until the bottom and edges start browning) then flip wedges over to the remaining peeled side and sprinkle any seasonings over the top. Bake for another 7 minutes (or until the edges are nicely brown and cooked throughout). Makes 4 servings.

This is an official 5 A Day recipe.

Nutritional analysis per serving: 80 Calories; 1 g. fat; 0 mg. cholesterol; 2 g. fiber; 2 mg. sodium.

## HOW TO PRESERVE



Potatoes become soft, water-logged and mealy when frozen or canned. For this reason, freezing and canning are not recommended.

## INFORMATION

For more information on food, food preservation, USDA-tested and approved canning recipes, nutrition and health, see <<http://www.msue.msu.edu>>.

Information in this bulletin is based on the USDA Canning Guide (September 1994), E-1700, Using and Storing Potatoes (Michigan State University Extension, 1985 and 1993), and So Easy to Preserve (University of Georgia Cooperative Extension Service, 1993).



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