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Using and Storing Potatoes
Michigan State University Extension Service
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POTATOES

Purchase potatoes in bulk to get the best buy. They come in three-pound 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.

How to Use Potatoes
Potatoes can be served many ways:
- baked
- boiled
- mashed
- pan roasted
- steamed
- or french fried

However you serve them:
- Scrub potatoes gently with a vegetable brush or sponge to clean
- leave the peeling on during cooking to conserve nutrients
- or
- peel the potatoes, trying to keep the peeling as thin as possible

Potato Salad

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.

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.
**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.

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**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.  

Serves 6.

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**Old Fashioned Potato Soup**

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

In a large kettle, **saute** onion and celery in oil until tender. **Add** potatoes, water, and bay leaf and **cook** until potatoes are tender, about 30 minutes. Let **cool** briefly and then **add** milk, margarine, salt, and pepper. **Heat** through but do not boil.  

For a warm, delicious lunch, serve potato soup with grilled cheese sandwiches.  

Serves 4.

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