

FNH-00561G

# POTATOES

## Nutrition and Health

Potatoes provide vitamins C and B-1, niacin, potassium and iron. One medium-sized potato has fewer than 100 calories.

## Selection

Potatoes should be fairly clean, firm and smooth. Choose regular shapes so there won't be too much waste in peeling. Avoid green potatoes; they have been exposed to light, creating solanine, a potentially toxic alkaloid. If your potatoes have green sections, simply cut off the green parts and discard. The rest of the potato is fine to eat.

## Storage

Store potatoes in a cool, humid, dark place that's well ventilated. The ideal temperature for storage is 45°F to 50°F. At this temperature, potatoes will keep well for several weeks. Warmer temperatures encourage sprouting and shriveling.

## Preparation

Leave skins on if possible. The skin has a good flavor and holds a great deal of the nutrition. When peeled, they start to turn brown, so use immediately or drop in water with a few drops of lemon juice or vinegar. When baking whole potatoes, be sure to prick the skins so steam won't build up causing the potato to explode in the oven. They can also be boiled by covering with water or steaming over 1 to 2 inches of water for 15 to 25 minutes, depending on size of pieces.

## Recipes

### Skinny French Fries

4 medium potatoes, peeled and cut in strips  
2 tablespoons vegetable oil  
salt and paprika

Cut potatoes. Spread strips in one layer on a jelly-roll pan. Sprinkle with oil. Shake pan to distribute oil evenly over potatoes. Bake strips at 450°F until golden brown and tender, about 30 to 40 minutes, turning frequently. Sprinkle generously with salt and paprika. 4 servings

### Twice Baked Potatoes

4 baked potatoes  
3 tablespoons butter  
3 tablespoons milk  
¼-½ cup grated cheese  
1 teaspoon salt

Cut a small slice off the top of each baked potato. Scoop out pulp and mash with butter, milk and salt. Refill each shell with mashed potato mixture and sprinkle with grated cheese. Bake for 15 minutes at 350°F. 4 servings

*Additions:* Top with cooked crumbled bacon, green onions, cooked and drained spinach, broccoli or cauliflower, or minced herbs.

### Mashed Potatoes

2 pounds potatoes (russet or Yukon Gold work well), quartered and peeled if desired  
1 cup milk or cream  
2 tablespoons butter  
salt and pepper

Bring pot of salted water to a boil. Add potatoes and cook until tender and a fork can easily be poked through. Drain well.

Incorporate milk and butter with potato masher or mixer. Season with salt and pepper. 4 servings

*Additions:* Stir in grated cheese or fresh or dried herbs.

### **Rosemary Roasted Potatoes**

3 pounds small potatoes, halved or quartered  
¼ cup olive oil  
1 teaspoon salt  
1 teaspoon pepper  
2 tablespoons minced rosemary

Preheat oven to 400°F.

In a bowl combine olive oil, salt, pepper and rosemary.

Add potatoes and toss, making sure well coated with oil mixture.

Transfer potatoes to a cookie sheet and spread into a single layer. Roast 45 minutes to 1 hour, flipping potatoes twice.

Remove from oven and serve hot. 8 servings

### **Potato Leek Soup**

2 tablespoons canola oil  
4-5 medium russet potatoes, peeled and roughly chopped  
3 large leeks, cleaned and thinly sliced  
6 cups vegetable stock (or chicken stock)  
Salt, to taste  
1-2 tablespoons freshly squeezed lemon juice  
½ cup heavy cream  
cup minced parsley or chives

Heat the oil in a large stockpot or Dutch oven, over medium heat. Add the leeks and potatoes.

Cook, stirring occasionally, until the vegetables have begun to soften and brown slightly, about 8 to 12 minutes.

Add the vegetable stock and bring to a boil. Reduce the heat to low and simmer for 30 to 40 minutes, or until the vegetables are tender.

Blend until smooth either using an immersion blender or by carefully transferring to a blender in batches.

Add the cream, and season to taste with salt. Garnish with minced herbs.

### **Salmon & Roasted Vegetable Salad**

6 cups cubed (½ inch) peeled root vegetables, such as potatoes, carrots, turnips or beets (or a mixture)  
3 tablespoons extra-virgin olive oil, divided  
¾ teaspoon freshly ground pepper, divided  
½ teaspoon salt, divided  
2 tablespoons red wine vinegar  
1 tablespoon minced garlic  
1 teaspoon whole-grain mustard  
8 cups mixed salad greens  
2 6- to 7-ounce cans boneless, skinless wild Alaska

salmon (1 lb) 100g 200g 300g 400g 500g 600g 700g 800g 900g 1000g 1100g 1200g 1300g 1400g 1500g 1600g 1700g 1800g 1900g 2000g 2100g 2200g 2300g 2400g 2500g 2600g 2700g 2800g 2900g 3000g 3100g 3200g 3300g 3400g 3500g 3600g 3700g 3800g 3900g 4000g 4100g 4200g 4300g 4400g 4500g 4600g 4700g 4800g 4900g 5000g 5100g 5200g 5300g 5400g 5500g 5600g 5700g 5800g 5900g 6000g 6100g 6200g 6300g 6400g 6500g 6600g 6700g 6800g 6900g 7000g 7100g 7200g 7300g 7400g 7500g 7600g 7700g 7800g 7900g 8000g 8100g 8200g 8300g 8400g 8500g 8600g 8700g 8800g 8900g 9000g 9100g 9200g 9300g 9400g 9500g 9600g 9700g 9800g 9900g 10000g