



Potatoes

Illinois-grown potatoes are available summer through winter.

Potatoes Are Good For You

Potatoes are ...

- a vegetable
- a good source of vitamins B & C
- a source of minerals
- high in complex carbohydrates
- high in fiber, if the skins are eaten
- fat-free.

How to Buy Potatoes

- Choose clean, firm smooth potatoes with no sprouts or greenish color.
- 1 pound of fresh potatoes equals...
 - about 3 medium potatoes
 - 3 cups peeled and sliced potatoes
 - 2 cups mashed potatoes
 - 2 cups french-fries.

Potato Types

- *Round red or white potatoes* have a thin outer skin. They are good for boiling and stewing.
- *New potatoes* are freshly harvested. They are sweet and moist and good for boiling and stewing.
- *Russets* are oblong with thick outer skins. They are good for baking and make excellent mashed potatoes.

In addition, red- and yellow-fleshed potatoes (such as Yukon Gold) are sometimes available.

How to Store Potatoes

- Handle potatoes gently. Bruised potatoes turn dark and begin to rot.
- Store potatoes in a cool (45 to 50°F.), humid (not wet), dark place with good ventilation. When potatoes are correctly stored, they will remain fresh for up to a month.
- If potatoes are stored in a warm place, such as under the sink, they may attract bugs and rodents. They will sprout and shrivel. Throw away potatoes that are shriveled or have many sprouts.
- 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 temperatures below 40°F. or are in the refrigerator, they develop a sweet taste and turn brown when cooked. If potatoes get cold, warm them to room temperature before cooking.

Compare the Calories

Take a small (3½ ounce) potato, and look how the calories change depending on how it is prepared.

<i>Eat it as</i>	<i>Calories</i>
Baked or boiled	95
Add 1 Tbsp. butter	203
Mashed with 1 tsp. butter and	
¼ cup 1% milk	156
Hash browns.....	229
French-fries	274
Potato chips	564

This information provided by U of I Extension

www.extension.uiuc.edu



Potato Recipes

Potato Soup

Serves 5

4 to 6 potatoes, cut in chunks
Water (about 4 cups) to cover
2 bouillon cubes or 2 teaspoons bouillon granules
1 Tbsp. chopped onion
1/8 tsp. pepper (to taste)
1/4 tsp. parsley flakes, optional
1 1/2 cups nonfat dry milk powder
3 Tbsp. cornstarch
3 Tbsp. margarine

Directions:

Place potatoes, water, bouillon, onion, pepper and parsley in a pan. Cook over medium-low heat until potatoes are tender (about 10-15 minutes.) Do not drain. In a bowl mix together dry milk powder and corn starch. Cut in margarine until it looks like crumbs or cornmeal. Sprinkle over potatoes. Stir until thickened.

Calories: 330 per serving
Fat: 5 grams per serving

Optional: You may add shredded cheese, 1/2 cup cooked chicken or fish, or 1/2 cup cooked vegetables such as corn, broccoli, carrots, cauliflower, peas, mushrooms or spinach.

Oven Fries

Serves 6

4 medium potatoes
1 Tbsp. vegetable oil (or use vegetable spray)

Directions:

Scrub potatoes. Cut into long strips about 1/2 inch thick. Dry strips with paper towel. Mix potato strips and oil (or spray) in a bowl. Place oil coated potatoes in a single layer on a cookie sheet. Bake at 475°F. for about 35 minutes. Turn strips once to brown on both sides.

Calories: 93 per serving.
Fat: 2 grams per serving.

Scalloped Potatoes Serves 6

Vegetable oil or nonstick cooking spray
5 cups (about 2 pounds) raw potatoes, washed and sliced
1/2 cup onion, peeled and sliced thin
1/4 cup flour
1/4 cup margarine
1 1/2 cups low-fat 1% milk

Directions:

Oil or spray the bottom and sides of a 2-quart baking dish. Place about 1/3 of the potatoes in the baking dish. Add 1/3 of the flour, margarine and onion. Continue to layer the ingredients two more times. Heat the milk to a simmer. Pour evenly over the potatoes. Bake at 400°F. uncovered for 1 1/2 hours or until potatoes are tender.

Calories: 243 per serving
Fat: 9 grams per serving

Microwave Baking Serves 1

Scrub a medium Russet potato (6 to 8 ounces). Pierce with a fork. Place on paper towel. Microwave on high power 4 to 6 minutes, turning once. Let stand 2 minutes. Baking time can vary, depending on size, shape, temperature and variety of potato.

Serving suggestions:

Top with salsa, vegetables, chili, yogurt and chives, stroganoff, cheese or cottage cheese.

Calories: 220 per serving without topping
Fat: 0 grams per serving without topping

Note: You can leave the peel on potatoes in all of the above recipes.