



A Nutrition Resource



POTATOES

The mighty spud!

Potatoes are often overlooked as a healthy food but this mighty vegetable packs a punch when eaten with the skin on. Potatoes are harvested year-round but main crops are usually harvested in the fall for winter storage and eating. These tubers are versatile, easily accessible, and low-cost. Just one medium potato (1 cup) with its skin is a good source of vitamin C and potassium as well as folate and vitamin B6.

Buying and storing

BUYING: Look for potatoes that are free from cuts and blemishes. Avoid buying potatoes that have green on them and avoid badly sprouted or shriveled potatoes.

STORING: Store in a cool, dry, dark place. Do not keep potatoes in light for long periods of time. Light will turn the outer skins green and cause a bitter flavor. Do not wash before storing.

Preparing

Rinse potatoes well and scrub to remove dirt. If a potato has begun to grow sprouts, cut them off. Cut off any skin that has started to turn green. Leave the rest of the skin on.



Cooking

BAKING: Scrub, clean, and poke with a fork 3 to 4 times to allow steam to escape. A medium potato bakes in 45 minutes at 400°F.

BOILING: Use a small amount of water and cover the pan so vitamins are not lost when cooking. Whole potatoes cook in 30 to 40 minutes. Cut up potatoes cook in 20 to 30 minutes.

MICROWAVING: A medium potato cooks in 4 to 6 minutes on HIGH in the microwave. Poke with a fork in multiple areas to prevent bursting. Turn over once for best results.

Ways to enjoy

- **Hash-** Fry cubes of roast beef, potatoes, and onion in a little oil.
- **Potato Pancake-** Grate raw potatoes, mix with a little flour and an egg and brown over medium heat in a pan. Flip once to brown both sides.
- **Baked Potatoes-** Top baked potatoes with low-fat cheese or plain yogurt and lightly cooked vegetables like broccoli, onions, and mushrooms.
- **Mashed Potatoes-** A few tips for the best mashed potatoes: Use higher starch potatoes (like Russets or Yukon Golds); add salt after mashing rather than to the cooking water; if you are using butter, let it come to room temperature before adding to the potatoes; avoid over-mashing – this can make the potatoes ‘gluey’ and unappetizing.

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MONTANA
STATE UNIVERSITY

EXTENSION

Broccoli Potato Soup

Yield: 4 Servings | Serving Size: 2 Cups

4 cups chopped broccoli, fresh or frozen
1 small onion, chopped
4 cups low-sodium chicken or vegetable broth
1 cup evaporated milk
1 cup chopped, cooked potatoes or mashed potatoes, with skin
¼ teaspoon pepper
Salt (optional, up to ½ teaspoon)*
¼ cup shredded cheddar cheese

1. Combine broccoli, onion, and broth in a large sauce pan. Bring to a boil.
2. Reduce heat to medium-low. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk, pepper, and salt (if using); slowly stir in potatoes.
4. Cook, stirring constantly, 3-5 minutes more.
5. Divide soup into 4 bowls. Sprinkle cheese over each serving

**If you happened to use regular broth (not low sodium), do not add the optional salt.*

Skinny French Fries

Yield: 8 Servings | Serving Size: 3/4 Cup

4 medium potatoes with skin
1 Tablespoon vegetable oil
Salt and pepper to taste

1. Preheat oven to 450°F.
2. Scrub and cut potatoes into strips; pat dry with a paper towel. (The less water on the potatoes, the crispier they will be.)
3. Put potatoes in a bowl and toss with oil and seasonings.
4. Spread strips of potatoes in one layer in 9x13 inch pan or pans.
5. Bake for 30 to 40 minutes or until potatoes are golden brown and tender. Turn frequently.

Tip: This recipe works great with sweet potatoes in place of white potatoes!

Nutrition Facts	
4 servings per container	
Serving size	2 cups (457g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 263mg	20%
Iron 1mg	6%
Potassium 650mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
8 servings per container	
Serving size	3/4 cup (76g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D --mcg	--%
Calcium 10mg	0%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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