



Viva Verduras!

Utah State University
FOOD \$ENSE
NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

January's featured vegetable is:

Potatoes

Pick a prize potato

- Select firm, smooth potatoes without soft or green spots.
- Store potatoes in a cool, dark place, not in the refrigerator. Otherwise, the starch will be converted to sugar and it will cause potatoes to darken prematurely while cooking with them.
- Scrub and rinse potatoes with a vegetable brush just before using, but not before that as it will shorten their shelf life.

*Why potatoes? Why me?
Why now?*

Po-tay-to, po-tah-to, potassium. No matter how you say it, potatoes are good for your health. Potassium is a key player in your body's muscle contractions, including one of the most important muscles in your body: your heart (cardiac) muscle. Potassium is a proven ingredient for a healthy heart, especially because Americans often don't get enough to balance out their salt consumption. Take a bite out of cardiac crime and have a potato.

Home-grown ideas to spice up your potatoes:

- Potatoes are available every month of the year.
- If you use too much salt while cooking, toss a slice of potato in and it will absorb some of the extra salt.
- To make the "perfect" baked potato, don't wrap it in aluminum foil (that actually boils it with the trapped steam).
- For a "south of the border" potato, try topping with salsa or lowfat cream cheese mixed with finely chopped jalapeños.
- Mash your potatoes with mint leaves for an Indian flavor, or nuts and cinnamon for a Middle Eastern flavor.
- For an Italian baked potato, drizzle with olive oil and top with finely chopped garlic
- Bake extra potatoes and use leftovers for hashbrowns the next day.

Love the skin they're in. Eat potatoes with the skins on. It's healthier.

Recipes

Potato pizza wedges

Recipe adapted from Potato Kids

- 4 russet potatoes
- ¼ cup oil or olive oil
- 1 teaspoon dried oregano leaves
- ½ teaspoon garlic powder
- Pizza toppings of your choice



Preheat the oven to 400°F. Bake potatoes for about an hour. When cool, cut into 6 wedges. Spoon out the middle portion to make mashed potatoes later, leaving only a little bit of the white part on the skin. In a small bowl, stir together the oil, oregano and garlic powder. Arrange the 24 skins in rows cut-side up, peel-side down on a baking sheet. Coat the tops of the wedges with the oil/oregano mixture. Cook for 10 minutes. Sprinkle your favorite pizza topping over the wedges. Cook for 5 more minutes.

Spicy hash browns

- 2 tablespoons olive oil
- 1 teaspoon paprika
- ¾ teaspoon chili powder
- ½ teaspoon salt
- ¾ teaspoon pepper
- 6 cups diced baking potato
- Cooking spray
- Aluminum foil



Preheat oven to 400°. Combine all the ingredients in a Ziploc bag and seal bag. Squish contents in bag around until potatoes are covered in seasonings and oil. Line a cookie sheet with foil and spray with cooking spray. Spread potatoes on sheet in a single layer. Bake at 400° for 30 minutes or until browned.



Sabia Usted?

- In 1995, the potato became the first vegetable to be grown in outer space.
- The ancient Incas used to put raw slices of potatoes on broken bones to heal them.
- The average American eats 126 pounds of potatoes every year.
- In the 1600's, the German king wanted the peasants to help solve the food shortage problem by planting potatoes. If they didn't, he would cut off their noses!
- The biggest potato ever grown was 18 pounds.

IMPRESS YOUR FRIENDS!
LEARN TO SAY "POTATO" IN FIVE DIFFERENT LANGUAGES:

French: pomme de terra
 Spanish: patata
 Polish: panbowka
 Chinese: yang shee
 American Indian: batata
 German: kartoffel

Need a giggle? Try these...

What do you call a baby potato?
A small fry!

What do you say to an angry 300-pound potato?
Anything, just butter him up!

Why wouldn't the reporter leave the mashed potatoes alone?
He desperately wanted a scoop!

Where do I grow?

on a bush?
 or underground?
 on a tree?

Find your way through the maze and discover where a potato grows!