

POTATOES



HOW DO THEY TASTE?

Potatoes have a neutral flavor without any seasoning. They have a fluffy and creamy texture when cooked.

HOW DO I PICK THEM?

Look for smooth, firm potatoes. Potatoes are available all year round locally and at the grocery store.

HOW DO I STORE THEM?

Store in a cool, dark area that has good air flow.

HOW DO I PREPARE THEM?

1. Using a vegetable brush, scrub potatoes under lukewarm water to remove any dirt.
2. Cut off any damaged parts. Leave the skin on for extra fiber!
3. Once clean, prepare potatoes as your recipe calls for.



Bake them whole in the oven, or cut potatoes into chunks and drizzle with oil and **roast**. **Boil and mash**, or add potato chunks to a **soup**. **Shred and pan-fry** for homemade hash browns...and so much more!

CREAMY MASHED POTATOES

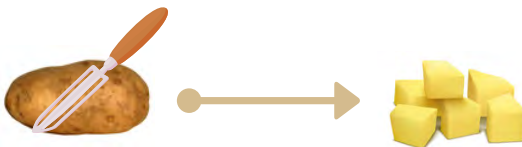
Makes 8 servings, 1/2 cup each

Ingredients:

- 4 large potatoes (about 2 pounds)
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped scallions
- 3/4 cup milk
- 1 tablespoon olive oil

Directions:

1. Scrub, peel and cut potatoes into cubes.
2. Fill a large pot with water. Add potatoes and bring to a full boil. Cook over medium-high heat until tender, about 25 minutes.
3. Drain and rinse potatoes in cold water.
4. Using a potato masher, mash the potatoes.
5. Mix in garlic powder, salt, pepper, scallions, olive oil, and milk until they are well blended together.
6. Serve and enjoy!



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KITCHEN TIP!

Cooked potatoes can be stored in the fridge for up to 4 days. Baked potatoes can be stored in the freezer for months.