

POTATO

Types

Skin Color: red, white, yellow, purple, russet

Flesh Color: white, yellow, purple

Shape: round, oblong, fingerling
Russet potatoes are considered better for baking.

'New' potatoes are harvested before the skin has cured.

Selection Info

Pick potatoes that are about the same size, and that are firm, dry, and clean

Preparation

Potatoes are always cooked. They can be eaten peeled or unpeeled; however, remove any green-tinged skin and flesh and cut out any sprouts or nubs. Potatoes are cooked whole, halved, shredded, cubed, or diced. Scrub potatoes under cold running water before preparing.

To Dice: Cut the peeled or unpeeled potato in half lengthwise and lay each half cut-side down on a cutting board. Make cuts up and down and side to side to create the desired sized dice.

Bake: Pierce unpeeled potato with a knife in several places and bake in a 400°F oven 45-60 minutes.

Microwave: Potatoes can be microwaved similar to baked potatoes. Pierce the unpeeled potato and microwave for 10 minutes, or until tender.

Roast: Heat oven to 450°F. Cut potatoes

into similar-sized pieces. Toss in a pan with 1-2 tablespoons of oil, salt, pepper, and rosemary to taste. Spread cut potatoes in a single layer on a roasting pan. Bake for about 20 minutes, stirring occasionally.

Boiled: Small red potatoes ("new potatoes") can be boiled in salted water until easily pierced with a fork. Always start the potatoes in cold water, and bring to a boil (do not add potatoes to boiling water or the exterior cooks before the interior is done). Boiled potatoes can be eaten hot (whole or mashed), or cooled down quickly in cold water and used for potato salad.

Fry: Potatoes can be shredded in a food processor or by hand for hash browns. Heat a heavy-bottomed skillet with 1-2 tablespoons of oil and cover with a layer of shredded potatoes. Fry at medium heat for 10 minutes, then carefully flip with a spatula to fry the other side. Top with a lid to ensure all the potato shreds are cooked through. **Grill:** Cut thick slices of potatoes, brush them with olive oil, and grill on low heat until tender. The exposed grilling surface should turn light brown, not black.

Storage

Short-Term Storage: Potatoes do not like light or cold. Do not store potatoes in the refrigerator or anywhere that exposes them to light. The best place to store potatoes is in a dark cupboard in a brown paper bag. Use new or young potatoes within 2 weeks. Large storage potatoes that have thick skins can be stored for up to 1 month.

Long-Term Storage: Potatoes can be frozen (whole or cut for French fries or hash browns) or canned.



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ROASTED BRUSSELS SPROUTS, POTATOES, AND CHICKEN

Ingredients

- 3 cups Brussels sprouts (fresh or frozen, halved vertically, about 3/4 pound)
- 4 small red potatoes (cut into chunks)
- 1/2 cup onion (chopped)
- 2 cloves garlic (minced)
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup nonfat ricotta cheese (or cottage cheese)
- 1/4 cup part-skim mozzarella cheese (shredded)
- 2 tablespoons nonfat milk
- 1 pound boneless chicken breast (4 portions)

Directions

1. Preheat oven to 325°F.
2. Coat a 2-quart baking dish with cooking spray.
3. In the same baking dish, add the Brussels sprouts, potatoes, onion, garlic, 1 tablespoon olive oil, salt, and pepper. Toss to coat.
4. In a small bowl, mix cheese with milk.
5. Coat chicken breasts with remaining olive oil.
6. Nest chicken among vegetables in baking dish.
7. Top with cheese mix.
8. Cover baking dish with foil and bake for 40-45 minutes or until chicken is done (165°F with an instant-read thermometer).



Learn more about **POTATO** by scanning the QR code above or by visiting <https://extension.purdue.edu/food/drink/food.php?food=potato>.

Share your recipes!

Nutrition Information

Serving Size 1/4 of recipe

| Nutrients | Amount |
|----------------|----------|
| Total Calories | 400 |
| Protein | 35g |
| Carbohydrates | 40g 13 |
| Dietary Fiber | 6g 25 |
| Total Fat | 12g 18 |
| Saturated Fat | 3g 15 |
| Cholesterol | 75mg 25 |
| Sodium | 370mg 15 |

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