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mmm...Potatoes

YOUR GUIDE TO GUILT-FREE POTATO GOODNESS

FOLLOW THE SPUDMOBILE FOR NUTRITION INFORMATION & RECIPE IDEAS

NEED MORE REASONS TO LOVE POTATOES?

The fact is, potatoes* are not only delicious, they are good for you and your family too! It's what you top your potato with that determines how healthy it is for you, so be cautious of your toppings and feel good about eating those yummy potatoes. Here's why:

Potatoes are...

An Excellent Source of Vitamin C

Vitamin C may help support the body's immune system.

A Great Source for Potassium (More Than a Banana)

Potassium helps maintain normal blood pressure.

A Good Source of Vitamin B6

Vitamin B plays an important role in metabolism.

Fat-Free

Only 110 Calories per Serving

Low in Sodium and Cholesterol

Gluten-Free



*Stats based on one medium potato (5.2 oz) with the skin.



RUSSETS

Look for brown, netted skin and white flesh. Enjoy them baked, pan-fried, mashed or roasted.

Look for rosy red skin and white flesh. Enjoy them in soups, stews and salads to get the most of their subtly sweet flavor.

REDS



Whites

Look for white (sometimes light tan) skin and white flesh. They make extra velvety mashed potatoes and grilling brings out a full-bodied flavor.

Look for golden skin and golden flesh. Bake, roast or grill them up for a slightly sweet, caramelized flavor.

YELLOWS



PURPLES + BLUES

Look for deep purple skin with flesh that ranges from purple to lavender to almost white. Roast them, then toss into salads for a pop of color.

Look for small, slender “finger-sized” potatoes, typically ranging from 2 to 4 inches in length. Pan-fry them to showcase their wonderful nutty and buttery tastes.

fingerlings



Petites

Look for small, even “bite-sized” potatoes. Don’t let their size fool you, because their flavors are actually more concentrated and they cook more quickly.

There’s a different potato type to try every day of the week! There are seven main potato types that can be found at most major grocery stores. If you don’t see the types above, ask for them!

ONE POTATO, TWO POTATO
three potato, more!

Potato Prep

Potatoes can be your secret weapon for a tasty breakfast, lunch, dinner or snack every day of the week! Here are instructions for the most popular ways to prepare potatoes:



Bake it

With a fork, pierce skin of four medium (5- to 6-oz.) potatoes in several places. Bake in preheated 400°F oven for 40 to 50 minutes, or until tender when tested with fork. The skin will be crispy and the pulp dry and fluffy. Makes 4 servings.

Leave skin on or peel three medium (5-to 6-oz.) potatoes. Cut into 1-inch chunks. Place potato pieces in medium pot and pour over enough water (or reduced sodium broth) to cover. Set pan over high heat and bring to a boil. Boil 10 minutes or until tender. Drain, then shake potatoes over low heat for 1 minute to dry. Mash with potato masher or fork. Makes 4 servings.

mash it



Roast it

Preheat grill or oven to 400°F. Thinly slice potatoes lengthwise to 1/4 inch thick, discarding ends. Toss with olive oil, salt and pepper. Place on grill or prepared baking sheet in single layer and cook for 15 minutes on each side. Top with your favorite toppings.





GRILL it

Preheat grill. Combine oil and seasonings in dish. Add potato slices and turn until well coated. Grill potatoes for 8 minutes or until soft. Turn and continue grilling 10 minutes longer or until cooked through. Remove from grill and serve.

That's right! Don't be afraid to use the microwave for speeding up all your potato recipes. Not only does it save time, potatoes preserve the most moisture with this technique. Either par-cook to speed up any of the techniques above or cook all the way through for potatoes in minutes (visit potatogoodness.com/recipes for microwave techniques and recipes).

MICROWAVE it



nutrition facts



Nutrition Facts

Serving size 1 potato (148g/5.2oz)

Amount per serving

Calories

110

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.1mg 6%

Potassium 620mg 15%

Vitamin C 27mg 30%

Vitamin B₆ 0.2mg 10%

* The % Daily Value (DV) 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.

Quick & healthy Recipes



QUICK & HEALTHY BAKED PIZZA POTATOES

4 (5-to 6-oz.) Russet potatoes, scrubbed	1/2 teaspoon garlic or seasoned salt	1/4 cup Italian blend shredded cheese
1/4 cup nonfat plain yogurt	Snipped fresh chives or green onion tops (optional)	1 tablespoon minced green pepper
4 teaspoons healthy buttery spread	16 slices turkey pepperoni	1 tablespoon sliced green onion
	1/4 cup warm pasta sauce	

Cut a wedge out of each potato about 1/8-inch wide and 1-inch deep and place in a microwave-safe dish. Microwave on HIGH, uncovered, for 10 to 12 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave. Carefully make a slit in the top of each potato and fluff with a fork. Stir 1 tablespoon yogurt, 1 teaspoon buttery spread and 1/8 teaspoon salt into each potato; sprinkle with chives if desired. Place 16 slices turkey pepperoni on a plate and microwave on HIGH for 45 to 60 seconds to crisp. Top each seasoned potato with pasta sauce, cheese, green pepper and green onion. Microwave on HIGH for 2 minutes to melt cheese, then top with coarsely crumbled pepperoni slices.

Calories: 290 Fat: 4g Cholesterol: 20mg Sodium: 590mg Vitamin C: 0.7% Fiber: 3g Protein: 15g Potassium: 708mg

QUICK & HEALTHY FRIES

Olive oil cooking spray	2 tablespoons chopped fresh rosemary	1/2 teaspoon coarse ground or cracked black pepper
1-1/2 lbs. Russet potatoes, scrubbed	1/2 teaspoon sea salt	
1 tablespoon olive oil		

Preheat oven to 425°F and spray a large baking sheet with olive oil cooking spray. Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on HIGH for 3 to 4 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up and let cool. Cut each potato into 8 wedges. Place in a large bowl and toss with olive oil; spread in a single layer on baking sheet. Bake for 10 minutes. Spray with olive oil cooking spray, turn wedges and spray again. Bake for 10 minutes more or until fries are golden brown and spray once more. Mash together rosemary, salt and pepper in a small bowl with the back of a spoon; sprinkle over cooked potatoes and toss well to coat. Makes 4 servings.

Calories: 280 Fat: 11g Sodium: 310mg Vitamin C: 22% Fiber: 4g Protein: 4g Potassium: 718mg



GRILLED YELLOW POTATO PLANKS

3 tablespoons olive oil

1 clove garlic, minced

2 teaspoons finely
chopped fresh rosemary
leaves

1/2 teaspoon salt

1-1/2 pounds (about 4)
unpeeled yellow potatoes,
cut into 1/2 inch-thick
slices

Preheat grill. Combine oil, rosemary and salt in dish. Add potato slices and turn until well coated. Grill potatoes for 8 minutes or until soft. Turn and continue grilling 10 minutes longer or until cooked through. Remove from grill and serve. Makes 4 servings.

Calories: 280 Fat: 11g Sodium: 310mg Vitamin C: 22% Fiber: 4g Protein: 4g Potassium: 718mg

BAKED POTATO NACHOS

1-1/2 pounds russet
potatoes

1-1/2 tablespoons
vegetable oil

1/2 teaspoon garlic salt

1 teaspoon Mexican
seasoning blend

1 cup Mexican blend
shredded cheese

1/4 cup rinsed and drained
canned black beans

1/4 cup diced tomatoes

1/4 cup sliced black olives

1/4 cup sliced green
onions

3 tablespoons canned
diced green chiles

Salsa, guacamole and sour
cream (optional)

Preheat oven to 425 degrees. Scrub potatoes and cut into 1/2-inch thick wedges. Place potatoes into a medium size bowl with the oil, garlic salt and Mexican seasoning. Stir well to coat potatoes with oil and seasonings. Transfer to a large baking sheet and spread into a single layer. Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown. Top with cheese, beans, tomatoes, olives, onions and chiles. Bake for 5 minutes more to melt cheese. Optional, serve with salsa, guacamole and sour cream. Makes 4 servings.

Calories: 308 Fat: 16g Cholesterol: 32mg Sodium: 659mg Vitamin C: 37% Fiber: 5g Protein: 13g Potassium: 913mg







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