

# POTATOES



Potatoes are a smooth, starchy vegetable with a subtly sweet taste. They are a very versatile vegetable and can be baked, mashed, used for soups, and to make potato salad.

Potatoes are in the **STARCHY** vegetable group. Potatoes have more Potassium than bananas. They are also high in vitamin C and vitamin B6. They are a good source of fiber, magnesium, phosphorus, and niacin.

## FUN FACT :

Idaho farms grow **14.3 BILLION pounds** of potatoes every year. That is more than any other state!

There are over 100 kinds of potatoes sold in the U.S. They come in gold, white, yellow, red, blue, and purple. Idaho likes to grow Russets.

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Safety:	<p>Green spots can develop on potatoes if they are exposed to light. Cut these green parts off if they occur.</p> <p>Scrub potatoes before cutting or peeling to prevent contamination. Use cut/peeled potatoes immediately. You can refrigerate cut potatoes for 1-2 days, but with loss of quality.</p> <p>If baking whole, poke them a few times with a fork to let the steam escape.</p> <p>Cooked potatoes need to be chilled before making cold dishes like potato salad.</p> <p>Leftover cooked potato products need to be refrigerated like any other cooked vegetable, including whole baked.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	<p>Approximately 5 oz. of raw potato is equal to ½ cup serving. Purchase 37.6 lbs of 120 count (about 6 oz.) for about 100 servings of whole baked potatoes. For peeled, diced potatoes, calculate about 4-½ cup servings per lb, or 24 lbs per 100 servings.</p>
Quality:	<p>Look for potatoes with a smooth, firm texture with no cuts, bruises, or discoloration. Potatoes that are consistent in size will simplify cooking if serving them whole. Large potatoes may be more practical for casseroles where potatoes are sliced or diced.</p>
Storage:	<p>Do not refrigerate uncut raw potatoes, they like it cool, but NOT cold. Keep them out of the light in a dry, cool place, preferably in paper or perforated plastic bags. Never wash potatoes before storing.</p>
Preparation:	<p>Most nutrients are located in, or close to, the skins. If you must peel, only take off the thin outer skin.</p> <p>Steaming or microwaving potatoes will retain most of the nutrients, especially if done with the skins intact.</p> <p>Baked potatoes should not be foil wrapped—this steams them and they lose that desirable grainy baked potato texture.</p>
Seasonings:	<p>Potatoes respond well to a number of savory seasonings including garlic, pepper, oregano, rosemary, dill, paprika, cumin, and many others.</p>

**COMMON POTATO DISHES:**

- Baked potato bar
- Home fries
- Potato salad
- Potato bread
- Mashed potatoes
- Baked potato soup
- Potato latkes