

Harvest of the Month



FAMILY RESOURCE

Potatoes

NUTRITION

NUTRITIONAL BENEFITS OF POTATOES

One serving of cooked potatoes is about 1/2 C, or one cupped handful. This provides vitamin C, vitamin B₆, niacin, thiamin, and potassium. Eating the delicious skin provides the added benefit of extra fiber!

Fun with Potatoes—Homemade Stamps!

Take a few potatoes (preferably old ones). Cut in half (crosswise) at widest point. Place a cookie cutter over the cut end of the potato and press into flesh. Insert a sharp knife about 1/4" down from the cut end and cut away the potato outside the cookie cutter. Now remove the cookie cutter and your stamp shape will be ready to use!

In The Schools

Be sure to check out the Harvest of the Month in the school cafeteria.

Check your local school district menu for the specific date.

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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HERE ARE SOME EASY TIPS FOR ADDING POTATOES TO YOUR DIET:

-  Buy firm potatoes, with no visible sprouts or green coloring.
-  Keep potatoes in a cool, dark, dry place (NOT the fridge). They will last up to 5 weeks.
-  Wash thoroughly before cooking—but don't forget to eat the peel!

Pop's Potatoes This is a great side dish that kids can help prepare.

Yield: 6 servings at 1/4 C each

Ingredients:

- * 3 medium potatoes
- * 1.5 T olive oil
- * 2 t ground black pepper
- * 2 t paprika
- * 1 T onion powder

Directions:

- * Heat oven to 400°F. Scrub potatoes and pat dry.
- * Cut potatoes into slices or small chunks. Place chunks in a bowl, drizzle potatoes with olive oil, then sprinkle evenly with spices. Toss gently to combine.
- * Roast for about 20 minutes (stir after 10). Potatoes will be golden brown when done; roast longer if needed.



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Nutrition information per 1/4 C serving: Calories 75, Carbohydrate 13g, Dietary Fiber 2g, Protein 2g, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 5mg

ROUND * COLORFUL * DELICIOUS * SWEET * FIBER * VITAMINS * LOCAL