

Pick a **better** snack™ – THE COLOR WAY

POTATOES

Wash. Peel. Eat. How easy is that?



In the grocery store, potatoes are often categorized by their end use: baking, boiling or all-purpose. **Baking potatoes** have a mealy interior when cooked making them great for mashing and baking. We often use Russet Burbank potatoes for baking. Note: most 'Idaho' baking potatoes are Russet Burbank's. **Boiling potatoes** are waxy inside and thus are great for salads and soup but get gooey when mashed. Round reds are most often used for boiling potatoes. **All-purpose potatoes** such as Yukon gold and long whites may be used for baking or boiling.

Mature potatoes will keep for up to 2 months under optimal conditions – a cool, dark, dry place. Do not store potatoes in the refrigerator or where it is below 45 degrees because the starch will turn to sugar giving them an unwanted sweet flavor. Do not wash potatoes before storing as it will encourage spoilage. Be sure to store onions and potatoes separately because each releases gases speeding decay in the other product.

CRISPY HALF-BAKED POTATOES (SERVES 4)

2 potatoes

2 teaspoons vegetable oil

2 Tablespoons Parmesan cheese, grated

Coarsely ground pepper to taste

Halve potatoes lengthwise; brush cut surfaces with vegetable oil. Coat with cheese. Place in microwave baking dish. Microwave on high power 4-6 minutes. Brown under broiler. Sprinkle with pepper.

Source: 5 a Day Official Recipe

COLORFUL BAKED POTATO

Drain and rinse a can of black or red beans. Mix some beans with frozen chopped green pepper. Layer a hot, split baked potato with the following and microwave or broil until hot:

Bean and pepper mixture

Low-fat cottage cheese

Salsa

Grated reduced fat cheddar cheese

Including **WHITE** fruits and vegetables in your low-fat diet helps maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Urinary tract health
- Memory function
- A lower risk of some cancers

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetttersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way™, visit www.5aday.com.