Why Should I Eat Potatoes?

- Has Vitamin C—good for your bones and teeth.
- Gives us Vitamin B6—helps our bodies make energy and is good for our brains.
- Has the mineral copper—helps our blood stay healthy.
- Lots of potassium—to help manage blood pressure.

How Should I Handle Them At Home?

- Before storing, sort out the bad potatoes in the bunch.
- Store in a cool, dark, humid area that is not closed off, and not in tightly closed bags.
- Do not store near onions.
- Should last for many weeks, but make sure you check them every week to throw out bad ones.
- Do not wash or scrub potatoes until ready to use. Water makes them spoil faster.
- Cooked potatoes will keep for about a week. Potatoes should not be frozen.
- Peel off any green areas on or under skin.

How Do I Know I Have Good Ones?

- Look for firm and fresh looking ones.
- Avoid any with large black spots, cracks, green coloring, or wrinkling.
- Do not use potatoes that have sprouting from the holes (eyes).
- Do not eat potato sprouts! They are toxic.
Cooking with Potatoes

**Egg and Potato Scramble**
Serves 4 people

- 4 eggs
- 2 Tbsp low fat milk
- 2 potatoes – washed and chopped into small dice
- 1 Tbsp low fat grated cheese
- Salt and pepper to taste
- Chives and spinach- if you want, OR Mexican seasoning if you want

1. In a small bowl, whisk together eggs and milk.
2. Prepare a frying pan with a little butter or cooking spray. Add in potatoes and cook until soft.
3. Add mixed eggs and stir until they have cooked to a scramble.
4. Stir in the grated cheese and season with salt and pepper and chives if you want it. This is where you could also add in the spinach or serve it over fresh spinach leaves.

Adapted from: treehugger.com

**Baked Potatoes**
Serves 5

- 5 medium to large Potatoes
- Sour cream (or plain, low fat yogurt) and chives - if you want

1. Pre-heat oven to 425°F
2. Wash, scrub, and dry potatoes.
3. Put on a small cookie sheet, pie pan, or on the rack of the oven (just be careful when taking them out of the oven).
4. Bake for 50-60 minutes. They are done when you push on them and they feel soft.
5. Remove from oven, and cut across each center top of each potato.
6. Hold with a clean towel and press on the bottom until the potato bursts through the top. Steam will be coming out.

Add sour cream or yogurt and/or chives.

**Potato Salad**
Serves 3 people

- 3 potatoes – washed and dried
- 2 eggs
- 1 1/2 cups of low-fat mayonnaise or creamy salad dressing

1. Bring a small pot of water with some salt in it to a boil.
2. Add potatoes; and cook until tender. Take it off the heat, and cover.
3. Put the eggs in boiling water for 1 minute and then lower the heat and let sit for 12 minutes. Remove them from hot water and let cool.
4. Peel the eggs and cut around the egg white; keep the yolk whole.
5. Chop the egg white and potatoes. Combine in a mixing bowl and add the salad dressing of your choice. Toss the potatoes and eggs together. Crumble the egg yolk on the top and put in the refrigerator. Do not serve until cold.