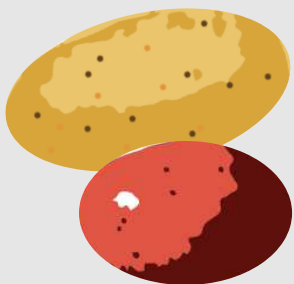


Potato 101

What's good about them? How do you cook them? Find out!

Goodness

Despite the popular keto craze, don't be a tater hater. There are a million reasons why potatoes can be part of a healthy diet. In addition to being a good source of potassium and vitamin C, potatoes also provide fiber to help curb your appetite. It's fine to eat the skin as long as it's cleaned thoroughly and not green. Green potato skin contains a toxic substance called solanine. Best to peel the green potatoes and skip the skin.



Tips to prepare

The problem with many potato dishes is the addition of high-calorie, nutrient-devoid ingredients like cheese, butter, grease or oil.

Keep potatoes healthful for your heart by minimizing the amount of cheese, butter, oil, and sour cream that you add to your potatoes,

Great topping ideas include:

- nonfat sour cream
- plain Greek yogurt
- salsa
- chili
- grilled veggies
- wasabi
- tomato sauce or harissa

Why not prepare a "make your own potato bar" for everyone at your table? That way everyone can load up with goodness, their own way! Include a salad bar, too!

Serving ideas

- Sheet pan dinners- add cubed or sliced potatoes as part of your sheet pan meal. They can be seasoned with garlic and paired with chicken, fish or lean steak.
- Potatoes au gratin- this French dish tends to be a bit decadent, but can be made lighter using 2% milk, light shredded cheese and 25% less butter than the recipe calls for.
- Potato salad niçoise. A Niçoise salad can be made of any seasonal vegetables, but usually includes tomatoes and green beans combined with tuna, black olives, capers, and hard boiled eggs. Cubed red potatoes make a colorful addition to this beautiful salad.



How to store them

Whenever you purchase potatoes in the store, try to find a paper bag in the produce section of your store. Or ask for a paper bag for the potatoes.

When you get home, store the potatoes at room temperature in a paper bag.

This will keep the potatoes from turning green, which is what happens when they are exposed to light.

