

12 Great Ways to Use...

Potatoes

Potatoes are one of the most nutrient dense vegetables and a staple food in cuisines around the world. One medium potato, with skin, has more potassium than a banana, is an excellent source of vitamin C and vitamin B6, provides about 110 calories, and contains no fat, no sodium, and no cholesterol. There are hundreds of different types of potatoes. Popular varieties include russets, reds, fingerlings, blues, purples, yellows, and whites – each offering different textures and tastes. And potatoes are economical and will keep you feeling pleasantly full long after your meal. Experiment in your kitchen to find ways to make potatoes central to quick and easy meals.

- 1.** For the ultimate comfort food, boil and mash or bake a potato and enjoy it with olive oil, salt and pepper, or fresh herbs – let your mind be bold!
- 2.** To make homemade fries, cut potatoes into wedges, toss lightly with olive oil, and roast on a baking sheet in a preheated 400° oven for about 20 minutes, turning once, until lightly browned.
- 3.** To make a “baked” potato in a microwave, cut a wedge (1/8 -inch wide and ½ inch deep) out of each potato, to let the steam escape. Place in a microwave-safe dish, and microwave on high, uncovered, for 10 to 12 minutes. Use oven mitts to remove the dish.
- 4.** Try skordalia, a Greek potato and garlic dip that can be used like hummus. Mash several cooked potatoes with almonds, extra-virgin olive oil, lemon juice, and vinegar, and season with salt and pepper.
- 5.** For a patio party, serve grilled potato wedges with a variety of dipping sauces such as guacamole, salsa, or hummus.
- 6.** Precook potatoes by baking, boiling, or microwaving until just barely tender. Cut into chunks, thread onto skewers with vegetables and your choice of seafood, chicken, or meat. Grill over medium-high heat for about 10 minutes, brushing with a little olive oil during the last few minutes of cooking.
- 7.** Spray a 9 x 9 x 2-inch foil pan liberally with nonstick cooking spray, build layers of thinly sliced onion, potato, and cheese, cover tightly with foil, and grill the pan over medium heat for about 1 hour or bake it in a 350° oven for 40 minutes.
- 8.** Cook potatoes according to your favorite method. While still warm, cut into chunks and toss with vinegar, olive oil, a little Dijon mustard, and your choice of chopped fresh herbs. Serve warm or cold.
- 9.** Cut unpeeled potatoes into thick wedges, toss with olive oil, cumin, smoked paprika, and salt, and roast on a baking sheet at 425°F for 25 minutes, or until crisp. Top with cheese, black beans, and/or sliced olives and bake for 5 minutes longer.
- 10.** When you visit Spain, you will have potatoes at most every meal. And the Spanish Tortilla is a particular favorite, served as tapas all over Spain. Similar to an omelet, it is called either tortilla de patatas or tortilla española, and very simply includes potatoes, onions, eggs, garlic, salt and pepper, cooked in olive oil.
- 11.** Potato pancakes, popular in Europe and the Middle East, and a traditional food (latkes) for Hanukkah, are made with potatoes, flour, and eggs and cooked in oil. Secret family recipes abound, and often call for cheese, vegetables, or legumes.
- 12.** When a soup or stew isn’t quite as thick as you’d like, add a diced potato and cook for 15 minutes or until the potato “melts” into the liquid.



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