

## Types of Potatoes



**Russet:** Excellent for baking and boiling, good for frying.



**Long white:** Good for boiling, mashing, baking, and French fries



**Round red:** Excellent for boiling and frying.



**Round white:** Good for potato salad, boiling and soups, great for making potato chips.

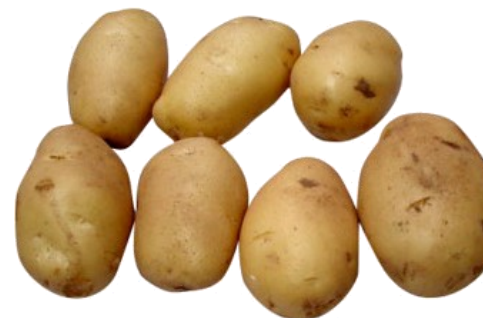
**Not all varieties in these groupings necessarily have these qualities.**

\*New potatoes are not a variety. They simply go from field to market and are not places in storage. They tend to be small in size and have a unique skin texture.



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# Plan for Potatoes!



**Potatoes are easy to prepare and high in nutrition. They are packed with important vitamins and minerals, are low in fat and calories, add to overall fiber intakes and are an excellent source of energy.**



**Extension**  
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### Nutrition Education Program

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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>  
& <https://spendsmart.extension.iastate.edu/recipes/>

## Economical

- Always a low-cost food and excellent nutritional buy.
- Combines well with other foods to stretch servings of higher cost ingredients.



## Nutritious

### One medium potato:

- Provides half of daily Vitamin C.
- High in fiber and easy to digest.
- No fat, no cholesterol.
- Low in sodium.
- 80 to 115 calories (100-150 grams).
- More potassium than a banana.
- Chock full of complex carbohydrates.
- More usable iron than any other vegetable.
- High quality vegetable protein.

## Helpful Hints

### Buying — Choose Potatoes:

- That are clean, firm and smooth.
- With a regular shape, to avoid waste in peeling.
- Of uniform size, to provide consistent cooking.
- Without a green appearance.

### Storing — With raw potatoes:

- Wash just before cooking.
- Keep in a cool, dark, well ventilated place between 45-50°
- Don't refrigerate, turns potato starches to sugar.

### Tips on preparation—To save nutrients:

- Gently scrub with vegetable brush.
- Keep the skin on and cook whole.
- If peeled, peel thing to save nutrients close to the skin.
- Use as little water as possible or steam potatoes.

## Cooking Ideas

### Boiling:

- Use a heavy saucepan with a tight fitting lid.
- Boil in 1-2 inches salted water until tender.
- 30-40 minutes for whole potatoes.
- 20-25 minutes for cut-up potatoes.

### Oven:

- Pierce in several places with a fork. (Aluminum foil is not recommended.)
- If only cooking potatoes—40-50 minutes at 400-425°.
- After cooking, slit to allow steam to escape to prevent sogginess.
- Can cook with other items needing temperatures between 325-450°. If roasting with meat, add potatoes 1½ hours before serving.

### Microwave:

- Pierce with fork in several places before cooking.
- Place on paper towel in microwave oven.
- Cook a medium/large potato on high for an average of 4 minutes. (**WARNING:** Microwave ovens vary.)
- Add 1-2 minutes cooking time for each additional potato.
- After removing from microwave oven, let sit as potato will continue to cook for about 5 minutes.

## Processed & Prepared Potatoes



- Keep processed potatoes frozen until cooked. Avoid prolonged storage of opened packages, which may result in freezer burn.
- Keep dehydrated potato products sealed in a cool, dry place. After rehydration, they can be refrigerated for 2-3 days.
- Store cold products, such as potato salads below 40°. Never hold cooked potatoes at room temperature for longer than two hours.

**Menu Idea**  
**Hamburger Soup**  
**Crackers**  
**Peach Slices**  
**Low fat Milk**

**Hamburger Soup**  
 (5 servings)  
*Per serving: 392 calories,  
 17 grams of fat*

1 lb. ground beef  
 2 cups potatoes, diced  
 1 cup carrots, sliced  
 1 cup onions, chopped  
 1 cup celery, chopped  
 1 can (46oz) tomato juice  
 2 cups water  
 Salt & pepper to taste

Brown ground beef over medium heat and drain off fat. Combine meat, vegetables, tomato juice, and water in a large kettle. Simmer for 1¼ hours or until vegetables are tender.



**Menu Idea**  
**Creamy Potato Soup**  
**Tuna Salad Sandwich**  
**Fruit Cocktail**  
**Low fat Milk**

**Creamy Potato Soup**  
 (4 servings)  
*Per serving: 211 calories,  
 6 grams of fat*

3 raw potatoes, dice  
 ¼ cup shredded carrots  
 ¼ cup chopped celery  
 ¼ cup chopped onion  
 1 Tablespoon butter  
 3 cups low-fat milk  
 Salt & pepper to taste

Put potatoes, carrots, celery, and onion in a pot with just enough water to cover. Cook until tender. Add butter and milk and heat until very hot (but not boiling). Add salt and pepper or other seasonings to taste.



**Menu Idea**  
**Grilled Hot Dogs**  
**Potato Salad**  
**Pork 'N' Beans**  
**Cinnamon Applesauce**  
**Low fat Milk**

**Potato Salad**  
 (6 servings)  
*Per serving: 240 calories,  
 17 grams of fat*

4 medium potatoes  
 ½ cup mayonnaise or salad dressing  
 ½ teaspoon prepared mustard  
 1-2 Tablespoons finely chopped scallions or onions  
 1 teaspoon salt  
 2 Tablespoons chopped green pepper  
 ½ cup finely cut celery  
 2 hard-cooked eggs, chopped

Cook potatoes whole in the skins. Drain, peel and dice. Combine mayonnaise or thick salad dressing and blend in prepared mustard. Pour dressing over cooled potatoes. Add scallions or onion and salt and mix carefully. Mix in the rest of the ingredients. Chill for 3 or 4 hours before serving.

**Menu Idea**  
**Meat Loaf**  
**Baked Potatoes**  
**Green Beans**  
**Rosy Baked Apple**  
**Low fat Milk**

**Baked Potatoes**



Scrub potatoes well with a brush so that the skins may be eaten. Bake in a hot oven (425° F.): potatoes of medium size will take from 50 to 60 minutes. Potatoes usually are done if they feel soft when pressed.

If other foods are to be cooked in a moderate oven (350° to 375° F.), potatoes may be baked along with them. In a moderate oven, medium-size potatoes will take from 60 to 80 minutes.

Remove potatoes from the oven as soon as they are done. Slash an "X" in the top side of each potato. Force the soft inner portion up through the opening to let the steam escape; this keeps the potatoes dry and mealy.

**Menu Idea**  
**Scalloped Potatoes with Meat**  
**Lettuce Salad**  
**Red Plum**  
**Low fat Milk**

### Scalloped Potatoes with Leftover Meat

(4 servings)

*Per serving: 288 calories,  
 7 grams of fat*

4 or 5 medium potatoes  
 1 medium onion  
 1 Tablespoons flour  
 1 teaspoon salt  
 ¼ teaspoon pepper  
 1 Tablespoon margarine or butter  
 1 cup cubed, cooked meat: ham, pork, or beef  
 1½ cups 2% low-fat milk

Peel and slice potatoes and onion into an 8"x8" pan. Sprinkle on flour, salt, and pepper. Dot with margarine. Add meat, stir lightly. Pour milk over all.

Bake at 350° for 20 minutes. Remove from oven and stir. Return to oven and bake 40 minutes longer or until fork slides easily into potato.

**Menu Idea**  
**Shepherd's Pie**  
**Whole Wheat Toast**  
**Pear Half**  
**Low fat Milk**

### Shepherd's Pie

(6 servings)

*Per serving: 356 calories,  
 17 gram of fat (with beef)*

1 lb ground beef or turkey  
 1 small onion, chopped  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 1½ cups cooked green beans  
 1 can (10oz) tomato soup  
 4 or 5 medium potatoes, boiled and mashed (about 3 cups mashed)  
 4 slices American, Colby, or Cheddar cheese

In a large frying pan, brown the ground meat and onion. Drain off fat. Add seasonings, green beans and tomato soup. Mix. Place in casserole dish. Top with 4 scoops of mashed potatoes. Top each potato scoop with a slice of cheese. Bake at 350° for about 20 minutes.

**Menu Idea**  
**Hamburger Patty on Bun**  
**Oven-Baked French Fries**  
**Carrot & Celery Sticks**  
**Low fat Milk**

### Oven-Baked French Fries

(8 servings)

*Per serving: 100 calories*

4 medium potatoes, peeled and cut in strips  
 1 Tablespoon salad oil  
 Salt  
 Paprika

While cutting potatoes, keep strips in bowl of ice water to crisp. Drain and pat dry on paper towels. Spread strips in one layer on jelly-roll pan. Sprinkle with oil. Shake pan to distribute oil evenly over potatoes. Bake strips at 450° until golden brown and tender, about 30-40

**Menu Idea**  
**Baked Chicken**  
**Mashed Potatoes**  
**Peas & Carrots**  
**Cranberry Sauce**  
**Low fat Milk**

### Mashed Potatoes

(4 servings)

4 medium potatoes  
 ⅓ to ½ cup hot milk  
 3 Tablespoons butter or margarine  
 Salt & pepper to taste

Remove skin, boil and drain the potatoes. Mash quickly until potatoes are free from lumps. Add hot milk, a little at a time, and beat until potatoes are white and fluffy. The amount of milk needed will depend on how mealy the potatoes are. Season with salt and pepper and beat in the butter or margarine.

