

POTATOES | MADE EASY



SHORT TERM STORAGE

- Keep potatoes in dark, cool area like a basement. If storing in a refrigerator, let potatoes slowly warm up to room temp before use.
- For long term storage, blanch (see back)



HEALTH BENEFITS

- Good source of vitamin C, B6, fiber, potassium, and starch
- Fat-free, cholesterol-free, sodium-free
- Promotes healthy heart and weight, reduces inflammation, wards off cancer, improves immunity, strengthens skin and nails



WAYS TO ENJOY

- Baked: Rub potatoes with oil and seasonings, prick with fork. 1) Lay directly on rack or on baking sheet. Cook 45-60 min at 425° until skin is crispy and penetrable OR 2) microwave for 5 min.
- Boiled: Bring potatoes in salted water to boil for 15 min. Drain.
- Roasted: Quarter potatoes and coat with oil and seasonings. Bake on baking sheet for 20 min at 450°.

Flip over for recipes



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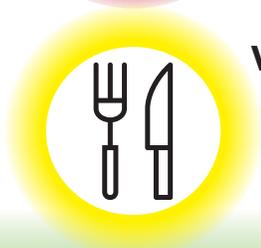
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BLANCH

verb
prepare (vegetables) for freezing or further cooking by immersing briefly in boiling water

STEP 1
Cut the potatoes evenly into the desired size. Wash with running water, scrubbing out any bits of dirt or grime.

STEP 2
Pour room temp water into 2/3 of a large pot. Bring water to boil. Add salt if desired.

STEP 3
Add potatoes to water over high heat. Lower heat once it simmers. Simmer for 12 min. Only the exterior should be soft.

STEP 4
Strain potatoes quickly and transfer to an ice water bath until completely cooled. Drain and pat dry.

STEP 5
Pack potatoes in freezer bags, removing as much air as possible. **Will last up to six months.**

EASYRECIPES

Basic Mashed Potatoes 4 servings

Ingredients:

- 2 lbs potatoes, peeled & quartered
- 2 tablespoons butter
- 1 cup milk
- Salt and black peper to taste

Directions:

Bring a pot of salted water to boil. Add potatoes and cook until tender but still firm, about 15 min; drain. In a small saucepan heat butter and milk over low heat until melted. Using potato masher or electric beater, slowly blend mixture into potatoes until smooth. Season.

Scalloped Potatoes 6 servings

Ingredients:

- 6 medium potatoes, thinly sliced
- 1 small onion, finely chopped
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 1/2 cups milk

Directions:

Melt 3 tablespoons butter in saucepan, add onion (2 min) once tender, stir in flour and season. Stir until bubbly, add milk. Bring to boil, stirring for 1 min. Spread potatoes in greased 2-quart casserole pan. Add sauce. Cover; bake 30 min. Uncover; bake 1 hr.

Unbelievably Easy Potato Soup 1 serving

Ingredients:

- 1 large potato per person
- 1/4 cup chopped celery per person
- 1/4 cup chopped onion, per person
- 1/4- 1/2 cup milk or cream
- salt and pepper, to taste

Directions:

Peel and cube potatoes. Put in saucepan with onions and celery. Add water but don't quite cover the vegetables. Bring to boil over low heat, cover, simmer 25 min. Using potato masher, crush potatoes but don't mash- leave chunks. Add milk and season.

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