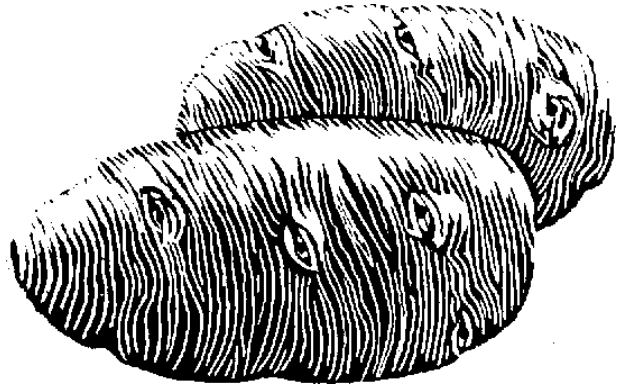


# Potatoes



Potatoes are the most popular vegetable in the United States. Given this, it is hard to believe the tale that the potato had to cross the Atlantic seven times to become popular in the American colonies.

It is a good thing that potatoes have become popular in the U.S., considering they are a good source of fiber and

several vitamins and minerals. The bad news is that most of the potatoes we eat are as french fries and other high fat, high sodium potato products like hash browns and potato chips. When we do eat them baked, they are often covered in high fat toppings (butter, sour cream).

Maybe this is why potatoes have the reputation of being

fattening. Actually, potatoes are low in fat. Keeping them low in fat when we prepare them is the trick. Next time you make mashed potatoes cut back on the butter or margarine and use skim milk instead of whole. Top your baked potatoes with nonfat yogurt or nonfat sour cream. Save french fries for special occasions instead of using every day.

## Baked Potato Sections

Makes 4 servings

*Ruth Allard, Lyndon*

### Ingredients:

- 4 potatoes
- 1/3 cup lemon juice
- 2 Tablespoons canola oil
- 1/2 cup Parmesan cheese, grated
- 1/2 teaspoon dry dill weed

### Directions:

1. Preheat oven to 350 degrees F.
2. Scrub potatoes.
3. Cut each into 8 lengthwise sections.
4. Put potato slices in a mixing bowl.
5. Drizzle with lemon juice and oil.
6. Sprinkle with cheese and dill weed.
7. Shake the bowl to coat the potatoes evenly.
8. Bake on a cookie sheet for 30 minutes.

## Nutrition Facts

Serving Size 1 Serving (239g)  
Servings Per Container 4

Amount Per Serving

**Calories** 340    **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g    **15%**

Saturated Fat 2.5g    **13%**

**Cholesterol** 10mg    **3%**

**Sodium** 200mg    **8%**

**Total Carbohydrate** 53g    **18%**

Dietary Fiber 5g    **20%**

Sugars 4g

**Protein** 9g

Vitamin A 0%    • Vitamin C 60%

Calcium 15%    • Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- Potatoes should be stored in a cool dark place. Light may create a bitter taste and turn them green. Don't eat green potatoes! Storing them in the refrigerator will also alter the taste.
- Green spots, eyes, and damaged areas should all be trimmed off before cooking.

## Complementary Herbs

basil  
caraway seeds  
chives  
dill  
mint  
parsley

## Hot German Potato Salad

Makes 6 servings

Jan Gendreau, Waterbury

### Ingredients:

3 pounds potatoes  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2/3 cup onion, chopped  
1/2 cup radishes, sliced  
1/2 teaspoon celery seed  
2 Tablespoons parsley, chopped  
6 slices bacon, diced  
1 Tablespoon flour  
1/2 cup white vinegar  
2 Tablespoons sugar

### Directions:

1. Peel and cube potatoes.
2. Boil potatoes just until tender (do not overcook).
3. Drain potatoes and put in serving bowl.
4. Toss potatoes lightly with salt, pepper, onion, celery seed, radishes, and parsley.
5. Sauté bacon over low heat until crisp.
6. With slotted spoon or fork, remove bacon; add to potatoes.
7. Drain from skillet all but 1 Tablespoon of bacon fat.
8. Stir flour into remaining 1 Tablespoon of fat until smooth.
9. Gradually add vinegar and 1/2 cup water.
10. Stir in sugar; bring to boiling point, stirring.
11. Toss lightly with potatoes until thoroughly combined.

## Nutrition Facts

Serving Size 1 Serving (299g)  
Servings Per Container 6

Amount Per Serving

**Calories** 290    **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g    **9 %**

Saturated Fat 2g    **10 %**

**Cholesterol** 5mg    **2 %**

**Sodium** 310mg    **13 %**

**Total Carbohydrate** 53g    **18 %**

Dietary Fiber 4g    **16 %**

Sugars 5g

**Protein** 6g

Vitamin A 0%    • Vitamin C 45%

Calcium 4%    • Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

Source: "McCall's  
Introduction to German  
Cooking," McCall's  
Publishing Co., 1972