

# Potatoes

## Key Points

- For the best buy, choose potatoes that are firm and without green spots.
- To prepare potatoes, rinse well and scrub skins to remove dirt.
- To keep fresh, store potatoes away from onions in a cool, dry place for up to 2 weeks.
- Potatoes contain potassium, which is good for a healthy heart.



## Smashed Potatoes with Kale

### Ingredients:

- 1 tablespoon vegetable oil
- 6 cups diced potatoes
- 6 cups diced kale
- 3 tablespoons chopped scallions
- 1/4 teaspoon crushed red pepper flakes
- Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add potatoes and cook for 5 minutes.
3. Add kale and cook for 5 more minutes.
4. Add 1 cup of water, cover, and cook 5 more minutes.
5. Mash potatoes and kale until smooth.
6. Add scallions, red pepper flakes, and salt and pepper to taste.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

**Makes 8 servings.**

## Stir-Fry Garlic Potatoes

### Ingredients:

- 2 tablespoons vegetable oil
- 3 cups potatoes, chopped
- 5 garlic cloves, minced
- 2 jalapenos, seeds removed, diced
- 1 tablespoon lemon juice
- 3 tablespoons chopped green onions
- 2 tablespoons chopped parsley
- Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat. Add potatoes in a single layer.
2. Cook for 10 minutes, or until browned. Turn often.
3. Add garlic and jalapenos, cover and reduce heat to low.
4. Cook for 15 minutes, or until potatoes are soft. Stir often.
5. In a large bowl, combine potatoes with the lemon juice, green onion, parsley, salt and pepper.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

*Adapted from: [www.about.com](http://www.about.com)*

## Quick Tips

- Add potatoes to soups and stews.
- Choose potatoes that are smooth, with few flaws in the skins.
- Be sure to eat the skin of the potato to get more fiber and potassium!
- To keep cut potatoes from turning brown, cover them with cold water. They will stay fresh for up to 2 hours!



*Just Say Yes* to Fruits and Vegetables

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