



## Yummy Fall Potatoes

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There are over 100 varieties of potatoes sold in the United States. Each of these varieties fit into one of seven potato type categories: russet, red, white, yellow, blue/purple, fingerling and petite. Create some fun family meals by exploring the different shapes and colors of potatoes. Start by making these fun green- mash potatoes.



### Elaine's Green-Mash Potatoes

#### Ingredients

- 3 medium potatoes, scrubbed with a clean vegetable brush under cold running water
- ½ cup skim milk (divided)
- 1 garlic clove (peeled)
- ½ cup frozen peas
- 1 tablespoon margarine
- Dash white pepper (optional)
- 1/8 teaspoon salt



#### Directions

1. Wash hands with soap and water. Peel and dice potatoes. Simmer potatoes in a medium-sized pan on the stove for about 10 minutes or until soft when pierced with a fork.
2. Cook peas in a microwave-safe bowl for about 1 minute or until cooked. Drain.
3. Heat milk in a microwave-safe bowl about 1 minute until hot. Add garlic clove and let stand for 5 minutes.
4. In a blender puree peas, 2 tablespoons milk, and garlic clove.
5. Drain potatoes and begin to mash. Slowly add 6 tablespoons milk while mashing. Blend in the pureed peas and garlic, margarine, and white pepper (optional) to the mashed potatoes.
6. Place mashed potatoes in a serving dish, lightly sprinkle salt on top of potatoes.

Makes 4 servings. Each serving contains 160 calories, 3 g fat, 119 mg sodium, 30 g carbohydrate and 3 g fiber. Recipe from USDA Center for Nutrition Policy & Promotion, <https://www.choosemyplate.gov/myplatekitchen>

For more information check out Food Fun for Young Children at:

<http://go.unl.edu/chi>

### More About Potatoes

- There are just 159 calories in one medium potato.
- A medium baked potato with skin is low in sodium and high in vitamin C and potassium.
- Store potatoes in a cool, dark, well-ventilated place. Perforated plastic bags and paper bags are best for extending shelf-life.
- Temperatures lower than 50 degrees, such as in a refrigerator, cause a potato's starch to convert to sugar, resulting in a sweet taste and discoloration when cooked.

Sources: Potatoes USA:  
<http://potatoesusa.com>

USDA Food Composition Database:  
<https://ndb.nal.usda.gov>