

Yummy Fall Potatoes

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 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

- 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)
- ⅛ teaspoon salt



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 for 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. Add 6 tablespoons milk slowly 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. Store leftovers in a sealed container in the refrigerator for up to four days. Makes 4 servings. Each serving contains 160 calories, 3g fat, 119mg sodium, 30g carbohydrate and 3g fiber. Recipe from MyPlate Kitchen, United States Department of Agriculture (USDA).

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 that are 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:

1. Potatoes USA:
<http://potatoesusa.com>
2. USDA FoodData Central:
<https://fdc.nal.usda.gov>

For more information check out Food Fun for Young Children at:
<http://go.unl.edu/food-fun>