

PACK A PUNCH OF HEALTH

potato



Potatoes are free of fat, sodium and cholesterol, high in vitamin C and are a good source of potassium. Potatoes come in lots of varieties! Florida grows many different types of potatoes, from russet to red creamer. There is sure to be one to meet your needs.

DID YOU KNOW?



- Florida potatoes are available from January through June, with peak season months in March, April and May.
- When boiled, a single medium-sized potato contains about half the daily adult requirement of vitamin C, as well as significant amounts of iron, potassium and zinc.
- Cooking a potato in its skin will help retain most of its nutrients.

SHOPPING, PREPARING AND STORING



- Avoid potatoes that feel soft or spongy or those with any discoloration, bruises or blemishes. Do not buy potatoes that are showing signs of sprouting.
- Light and humidity are the two main factors to stay away from when storing potatoes.

COOKING TIPS



- To keep potatoes from discoloring after they have been peeled or cut, place them in a bowl of cold water with a few drops of white vinegar.
- Be careful not to overmix or overcook potatoes because they can quickly become sticky and too starchy.

OVEN ROASTED POTATOES

serves 8



- 2 tablespoons olive oil
- 1 tablespoon garlic, minced
- 2 teaspoons Italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon salt
- 4 large potatoes, cubed

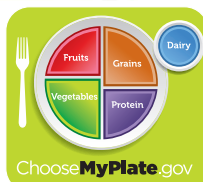
1. Preheat oven to 425 °F.
2. In a large bowl, combine the oil, garlic, herbs, red pepper flakes and salt. Stir in potatoes until evenly coated.
3. Place potatoes in a single layer on a roasting pan or baking sheet.
4. Roast for 20 to 30 minutes in the preheated oven, turning occasionally to brown on all sides.

Recipe adapted from WIC,
Florida Department of Health

Calories: 173; Total Fat: 4 g; Saturated Fat: 0.5 g;
Total Carbohydrates: 32 g; Protein: 3 g; Sodium: 156 mg

WELLNESS TIP

Incorporate both cardiovascular exercise (running, biking, swimming) and strength training (lifting weights, squats, sit-ups) into your exercise routine for best results.



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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