



Potatoes

A potato plant is a leafy vegetable. It has a thick uneven shaped plant stem (tuber) that grows under ground. This edible tuber is also called a potato. Potatoes have a thin skin that is usually red, yellow, or brown.

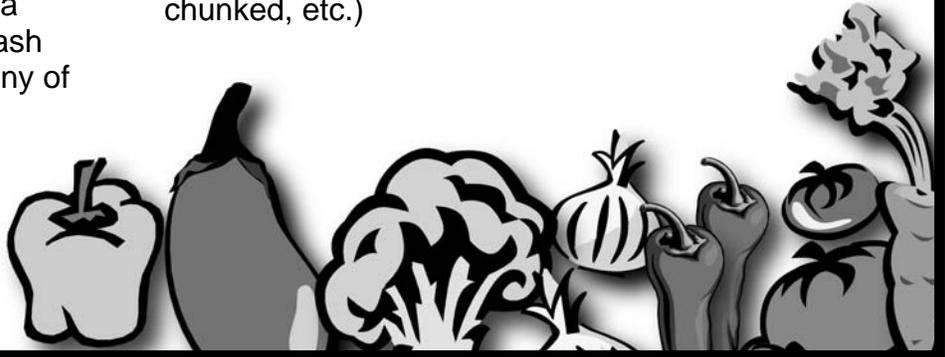
Store: Refrigerate if not used within 2-3 days. Use within 1-2 weeks.

Prepare: Scrub under cool running water with a vegetable brush. Remove any “eyes”. Cut away any green areas on a potato. Cut off any black spots and wash thoroughly. Peeling will take away many of the nutrients.

Serve: Can be baked, boiled then mashed, pureed or eaten in chunks, steamed, or added to soups or stews. Prick holes all over whole potatoes to release pressure as they cook. Potatoes can be cut into various shapes and sizes for cooking (ie. Shredded, strips for French fries, chunked, etc.)



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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Potatoes Recipe

Twice-Baked Mashed Potatoes

Ingredients:

½ cup chopped onion
1 cup shredded Cheddar cheese, divided
½ cup chopped green pepper
¼ cup crumbled cooked bacon
1 tbsp vegetable oil
1 tsp salt
4 cups mashed potatoes
½ tsp pepper
(prepared with milk & butter)

Prep Time: 10 minutes
Cook Time: 20 minutes
Ready in 30 minutes
Servings: 6

enjoy!



Source: <http://Allrecipes.com/Recipe-Tools/Print/Recipe.aspx?RecipeID=116676&orig=details&s>



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