



## 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)
  - 1/8 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 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 MyPlate Kitchen, United States Department of Agriculture (USDA)*

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 FoodData Central:  
<https://fdc.nal.usda.gov>