

# Potatoes




**Selection** - Choose clean, firm potatoes that have no soft spots, green areas or cracks.

**Storage** - Store in a cool, dark place (stays fresh for about 3-5 weeks).

**Nutrition** - Potassium, a mineral your body needs, in potatoes supports heart health.

## 3 EASY WAYS TO USE POTATOES

- To bake, wash potato and then dry. Poke a few holes in potato with a fork and bake for about 1 hour, or until soft, at 350 degrees.
  - To roast potatoes, cut into cubes and toss in a bowl with olive oil, herbs and garlic. Bake in oven at 425 degrees for 35-40 minutes or until soft.
  - To make a salad, boil diced potatoes until soft, drain and let cool. Mix vinegar, Dijon mustard, parsley and dill in a bowl to make a dressing. Combine thinly sliced onions and celery with cooled potatoes and toss with dressing.
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# Red Potato and Cabbage (Colcannon)

Makes 6 (1 cup) Servings

## Ingredients

- ☐ 1-pound red potatoes (about 3-4 cups chopped)
- ☐ 1 tablespoon margarine or butter
- ☐ 1/2 cup onion, chopped
- ☐ 6 cups green cabbage, thinly sliced (about 1/2 head)
- ☐ 1 cup nonfat or 1% milk
- ☐ 1 teaspoon salt
- ☐ 1/4 teaspoon pepper

## Directions

1. Scrub potatoes, but do not peel. Cut into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
2. While potatoes cook, heat butter or margarine in a large skillet over medium-high heat. Add onion and cook until it becomes clear, about 3-5 minutes.
3. Add cabbage and cook, stirring occasionally, until cabbage begins to brown, about 4-6 minutes.
4. Reduce heat to low. Add milk, salt and pepper. Cover and cook until cabbage is tender, about 6-8 minutes.
5. Drain potatoes. Add cabbage mixture to potatoes. Mash with a potato masher or large fork to reach desired texture. Serve warm.

