

POTATOES

simple, versatile, filling

Roasted Potatoes

Ingredients

- 1 pound small potatoes or 12-15 baby potatoes
- 1 Tablespoon oil
- 2 teaspoons minced garlic or ½ teaspoon garlic powder
- Salt and pepper to taste

Directions

1. Preheat oven to 325°F.
2. Wash potatoes, removing sprouts and blemishes. Leave peels on and cut into 1-inch pieces.
3. Fill a large saucepan with water and bring to a boil.
4. Add potatoes and boil for 7 minutes. Drain
5. Place potatoes in a baking pan.
6. In a small bowl, mix together oil and seasonings. Pour over potatoes. Stir potatoes until coated with oil mixture.
7. Bake for 10 minutes, then stir the potatoes. Bake for another 10-15 minutes, or until potatoes are soft.

Makes 4 servings

Creamy Potato Soup

Ingredients

- 1 teaspoon oil
- 3½ cups raw potatoes, diced
- ⅓ cup celery, diced
- ⅓ cup onion, diced
- ¾ cup ham, chopped (optional)
- 1 teaspoon black pepper
- 1 teaspoon seasoning of choice (garlic, Italian, taco, dill, thyme, basil, etc.)
- 4 cups low-sodium broth
- 2 Tablespoons oil or butter
- 2 Tablespoons all-purpose flour
- 2 cups low-fat milk
- ½ cup low-fat shredded cheddar cheese (optional)

Directions

1. Scrub potatoes, then dice them into small pieces.
2. In a large soup pot, heat oil. Add celery and onions. Cook for 3-5 minutes until onion is soft.
3. Add potatoes, broth, pepper, and seasoning. Bring to a boil and cook over medium heat until potatoes are tender, about 10 - 15 minutes.
4. Once potatoes are soft, mash some of them with a fork or potato masher for a creamier texture, if desired.
5. To make the cream sauce for the soup, heat oil or butter in a small saucepan. Once hot, add flour and stir until it turns pasty. Cook for 1 minute on medium heat, then add the milk a few tablespoons at a time, stirring constantly until thick and bubbly.
6. Add milk mixture to the soup pot and cook soup until heated through. Serve topped with cheese.

Makes 6 servings



Uses

- Mashed
- Baked, roasted, or grilled
- Boiled
- In soups, omelets, and quiches
- In salads (cooked)

Growing Tips

- Potatoes are disease-prone, so buy tubers from a certified seed distributor.
- Plant tubers 3-5 inches deep as soon as the soil warms to 60°-70°.
- Plant seed pieces cut side down, 10-12 inches apart and 3-5 inches deep.
- Once green shoots are about a foot tall, mound up plants as they grow, keeping tubers covered.
- Water 1 inch per week.

Harvesting

- The best time to harvest potatoes is two weeks after the vines die. The skin will “set” or strengthen after the vine dies, meaning you will be less likely to damage potatoes when harvesting.

Common Varieties in Wyoming

- Yukon Gold
- Golden Globe
- Russet Burbank
- Red Norland
- Yellow Finn

Nutrition Facts

- One serving of potatoes provides 20% of the recommended daily amount of potassium. Potassium helps regulate fluids and mineral balance in and out of cells and regulate blood pressure.
- Most of the fiber provided from potatoes come from the skins. Fiber aids in digestion and helps prevent constipation. Look for preparation methods which include the skin.
- One medium potato, or one cup mashed or chopped, is one serving of vegetables.
- Aim for 2-3 cups of vegetables a day and make half your plate fruits and vegetables.

Learn More

Visit <http://bit.ly/cnp-garden> for tips on gardening, recipes, and more.

