

New Potatoes



SEASONALITY



NUTRITIONAL PROPERTIES

Potatoes are a good substitute for other carbohydrate rich foods because of the high mineral and fiber content. They tend to be smaller than mature potatoes. Potatoes are high in fiber, potassium, carbohydrate, and minerals, Remember to eat the skin of the potato for the most nutritional benefit.

STORAGE

Keep new potatoes in a paper or plastic bag.
Use within 2 weeks of purchase.

PRESERVATION

New potatoes do not last as long as mature potatoes because of the moisture level. Potatoes do not freeze well. It's best to cook potatoes into soups or stews and freeze for later use.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Chop the potatoes into cubes or quarters.
3. Place on baking tray and lightly oil.
3. Sprinkle with spices, salt, pepper.
4. Roast for 30 minutes.

New potatoes are not a specific variety of potato but one that is harvested earlier in the season. They can be a great side or addition to most meals. Potatoes, and other starchy foods, should take up no more than 1/4 of your plate.

RECIPES FROM HDFFA

with new potatoes

- Potato and Onion Frittata
- Tuna Cakes and Roasted Root Vegetables

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

