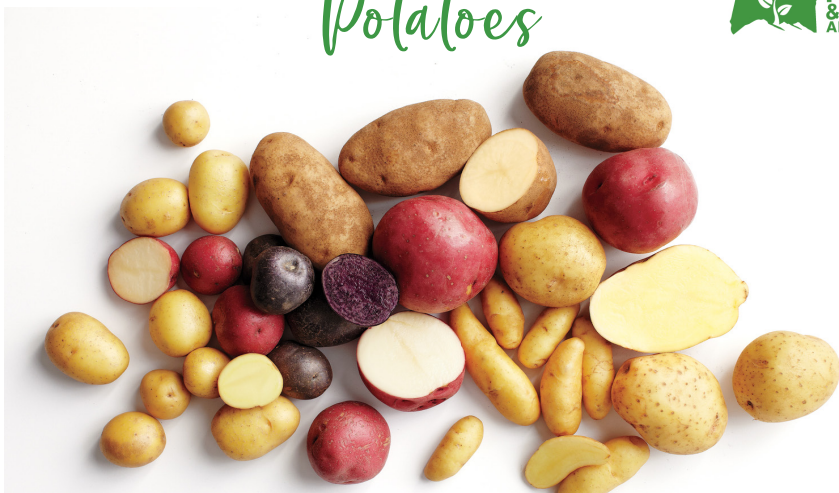


# Potatoes



## SEASONALITY



## NUTRITIONAL PROPERTIES

Potatoes are a good substitute for other carbohydrate rich foods because of the high mineral and fiber content. Potatoes are high in fiber, potassium, carbohydrate, and minerals. Remember to eat the skin of the potato for the most nutritional benefit. Potatoes and other starchy foods should take up no more than 1/4 of your plate.

## STORAGE

Store in a cool, dry, and dark area around 55 ° F.  
Lasts up to 4 months.

## PRESERVATION

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.

## RECIPES FROM HDFFA

*with potatoes*

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- Potato and Onion Frittata
- Tuna Cakes and Roasted Root Vegetables
- Smashed Yukon Potatoes

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

