

COOKING WITH POTATOES

Potatoes are a tuberous crop grown from the perennial plant, *Solanum tuberosum*. Americans eat an average of 125 pounds of potatoes per person each year. Potatoes are the fourth-most-consumed food crop in the world, after rice wheat and corn.

How To Buy It

There are many varieties of potatoes. Some may have a light brown or red skin with white flesh; some new varieties have purple/blue skin or yellow flesh. Here are three of the most common ones:

Russet - a rather dry and starchy variety, great for use as fries, baked or mashed potatoes.

Yukon Gold - Great all-purpose potatoes to boil, mash, fry, or roast. The moist flesh requires fewer condiments than others.

Round Red-Skinned or White-Skinned - are waxier than they are starchy. They hold their shape when boiled, but also good mashed.

New Potatoes - are moist and waxy and are best steamed, boiled and in salads.

How to Store It

Store potatoes in a cool, dark, humid place with good air circulation; not in the refrigerator.

How to Cook It

They may be eaten raw, but are usually cooked by boiling, baking, microwaving, mashing, frying, grilling or roasting. Immerse in water immediately after peeling to prevent browning.

New Potatoes with Garlic and Herbs

Ingredients

8-10 small new potatoes	1/4 cup fresh parsley, dill
2 tbsp. olive oil	or thyme leaves or 4 tsp. dried
2/3 tsp. garlic powder	1 tsp. freshly ground pepper
1 tsp. salt	

Directions

Using a vegetable brush, gently scrub potatoes under cold running water. Do not peel the thin skin.

Cut potatoes into cubes (about 2 cups). Place in a colander and rinse well under cool water.

Place in a saucepan with enough water to just cover the potatoes.

Bring to a boil, reduce heat, and cook for 15 minutes or until tender.

Meanwhile, chop the parsley (dill or thyme) until finely minced.

Drain the potatoes and toss with olive oil. Add parsley, garlic, salt and pepper and toss until combined.

Yields 4 servings

Nutrition facts per serving: Calories 310; Fat 8g; Cholesterol 0mg; Sodium 600mg; Carbohydrates 55g; Fiber 6g; Sugar 3g; Protein 7g