



**Potatoes, Sliced,
Low-sodium, Canned**
MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of canned sliced potatoes counts as 1 cup in the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Starchy vegetables like potatoes contain carbohydrates which give you energy.
- People on a low-salt diet can drain and rinse canned vegetables with water before using to reduce the amount of salt.

Uses and Tips

- Canned, sliced potatoes are safe and ready to eat out of the can. Just heat and serve!
- Canned potatoes can be added to soups, chilis, casseroles, and salads.
- Puree canned potatoes and use to thicken stews, soups, and gravies.
- Canned potatoes are a time saver in the kitchen! They are already peeled and cooked and ready to use in your favorite recipe.

Storing Foods at Home

- Store unopened cans of sliced potatoes in a cool, clean, dry place.
- Store remaining opened sliced potatoes in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Hearty Potato, Vegetable, and Beef Casserole

Makes 6 servings

Ingredients:

- 1 can (5.5 ounces) low-sodium sliced potatoes, drained
- 1 can (15.5 ounces) low-sodium sliced carrots, drained
- ¼ teaspoon pepper
- 1 cup onion, sliced
- ¾ pound extra-lean ground beef or turkey, browned and drained
- 1 can (15.5 ounces) low-sodium green beans, peas or corn, drained
- 1 can (10.5 ounces) low-sodium tomato soup

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Grease baking pan or casserole dish.
3. Layer the ingredients in the order found in the ingredient list.
4. Cover and bake for 30 minutes.
5. Uncover and bake for 15 more minutes.
6. Serve hot.

Recipe adapted from *The Arizona Commodity Supplemental Food Program*

Potato Salad

Makes 16 servings

Ingredients:

- ½ cup light mayonnaise
- ½ cup nonfat, plain yogurt
- 1 tablespoon prepared mustard
- 1 tablespoon vinegar
- 1 tablespoon sugar
- 2 cans (15.5 ounces) low-sodium potatoes, drained, cubed into bite-sized pieces
- 1 ½ cups celery, chopped
- ¼ cup onion, chopped
- ¼ cup sliced black olives

Directions: Wash hands with soap and water.

1. In a large mixing bowl, stir together mayonnaise, yogurt, mustard, vinegar, and sugar.
2. Add potatoes, celery, onion, and olives and stir to coat evenly.
3. Refrigerate until ready to serve.

Recipe adapted from *FoodHero.org*