



Potatoes, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of potatoes count as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, 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. Potatoes are also high in potassium which may help to maintain healthy blood pressure.

Uses and Tips

- Baked potatoes can be cooked in the oven or the microwave and served as a side or a main dish. Spice them up however you'd like – try adding cheese and broccoli, vegetarian chili and sour cream, or salsa and black beans.
- For a healthier version of the classic snack, make your own potato chips! Slice potatoes thinly, toss with some oil, and roast at a high heat for 15-20 minutes.
- Grate potatoes, mix with an egg and some onion, and pan fry small patties to make potato pancakes!

Storing Foods at Home

- Do not wash potatoes until ready to eat.
- Store potatoes at room temperature. Once cut, store potatoes in the refrigerator in a tightly sealed container.

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

Cheesy Broccoli Potato Mash

Makes 6 servings

Ingredients:

1 pound potatoes, chopped into 1 inch cubes
¾ pound broccoli crowns, chopped (about 4 cups)
¾ cup low-fat cheddar cheese, shredded
½ cup nonfat milk, heated
¼ teaspoon salt
Freshly ground pepper, to taste

Directions: Wash hands with soap and water.

1. Fill a large pot with potatoes and add water to cover.
2. Bring to a boil for 10 minutes.
3. Add broccoli and boil 5 minutes more.
4. Drain and pour in large bowl. Mash with potato masher or fork.
5. Add remaining ingredients, stir, and mix until desired consistency.

Recipe adapted from Oregon State University/Linus Pauling Institute

Ultimate Breakfast Casserole

Makes 8 servings

Ingredients:

non-stick cooking spray
1 cup broccoli florets, chopped
⅓ of a red bell pepper, diced
2 green onions, chopped
1 cup potatoes, cubed
6 eggs
3 tablespoons milk
1 cup low-fat cheddar cheese, shredded
salt and pepper, to taste

Directions: Wash hands with soap and water.

1. Preheat the oven to 350 degrees F, and spray a non-stick 9x13-inch pan.
2. Chop and dice all vegetables.
3. In a bowl, crack eggs and add the milk, and then whisk together.
4. Add the diced vegetables to the egg mixture, and mix until everything is evenly incorporated.
5. Pour mixture into pan, and sprinkle cheese on top. Place in oven and bake for 20–25 minutes.
6. Remove casserole and let cool for 5 minutes.

Recipe adapted from WIC Wisconsin