



Red Potatoes, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw red potatoes counts 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.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Starchy vegetables like red potatoes contain carbohydrates which give you energy. They are also high in potassium which may help to maintain healthy blood pressure.

Uses and Tips

- Red potatoes make a great and hearty addition to soups and stews.
- Red 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.
- Red potatoes along with red or yellow onions make a great base for a delicious potato salad.

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

Parmesan Roasted Potatoes

Makes 6 servings

Ingredients:

- 3 cups potatoes, cut in 1-inch pieces
- 2 teaspoons vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup of parmesan cheese, shredded or grated

Directions: Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. In a large bowl, toss potatoes with oil, salt, and pepper.
3. Place potatoes in a single layer on a large baking sheet.
4. Roast 25 minutes. Sprinkle with cheese. Roast 5 to 10 more minutes. Serve warm.

Recipe adapted from FoodHero.org

Egg & Ham Breakfast Scramble

Makes 4 servings

Ingredients:

- 2 tablespoons vegetable oil
- 3 medium potatoes, thinly sliced
- ½ cup onion, chopped
- ½ cup bell pepper, chopped
- 2 cups cooked ham, diced
- 3 eggs
- 1 cup reduced-fat cheese, shredded

Directions: Wash hands with soap and water.

1. Heat oil in a large skillet. Add potatoes, onion, bell pepper, and ham.
2. Cover and cook over low heat for about 20 minutes or until potatoes are done.
3. Beat eggs lightly and pour over skillet mixture.
4. Cook about 10 minutes until eggs are set. Top with cheese and heat until melted.
5. Cut into wedges and serve.

Recipe adapted from University of Tennessee Extension