

# POTATOES



## HOW TO USE

Boil or microwave potatoes until soft, mash them with a fork, and add a pinch of salt and pepper and a small amount of low fat milk and butter for creamy mashed potatoes; Roast potatoes in the oven with a pinch of salt and a teaspoon of oil for a tasty side dish.

## HELPS SUPPORT

Heart health, immune system, and digestion.

## HOW TO STORE

Keep potatoes in a cool, dry place for up to 1 month. Only refrigerate them once they are cut or cooked.

## SOUTHWEST “BAKED” POTATOES

Serves: 2

Preparation time: 30 minutes

### INGREDIENTS

- 2 potatoes or sweet potatoes
- 1 can black beans (15 ounces)
- 2 teaspoons oil
- ¼ teaspoon salt

Optional

- 1 teaspoon cumin, chili powder, or other spices
- 1 medium tomato, chopped, or ½ cup of salsa
- 2 tablespoons low fat sour cream



Photo: Leah's Pantry

### INSTRUCTIONS

1. Rinse the potatoes or sweet potatoes, and then pierce potatoes in several places with a fork.
2. Microwave potatoes on high for 12-15 minutes, or until tender.
3. In a microwave-safe bowl, mix the beans, salt, tomatoes (optional), and spices (optional). Microwave the mixture on high for 2-3 minutes.
4. Slice each potato down the middle. Then press them open, making a well in the center.
5. Spoon the bean mixture into the center of each potato.
6. If desired, top with low fat sour cream.

*Adapted from the Tenderloin Cooking School Cookbook via EatFresh.org*