

POTATOES



HOW TO USE

Boil or microwave potatoes until soft, mash them with a fork, and add a pinch of salt and pepper to 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.

POTATO SALAD

Serves: 6 | Preparation time: 20 minutes

INGREDIENTS

- 8 small red potatoes, or 3 large potatoes, cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon mustard
- Pinch of salt and pepper
- ½ cup green onions, chopped
- Optional: 1 cup Bell Pepper, any color, chopped

INSTRUCTIONS

1. In a pot, cook potatoes in boiling water until tender, about 10 minutes.
2. Drain and let the potatoes cool.
3. In small separate bowl, combine dressing, mustard, salt, and pepper and pour the mixture over the potatoes.
4. Stir in the green onions and bell peppers if you have them.
5. Chill in the refrigerator until ready to be eaten.



Photo: California Department of Public Health, Nutrition Education and Obesity Prevention Branch

Adapted from the California Department of Public Health, Nutrition Education and Obesity Prevention Branch



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