10 REASONS TO EAT MORE POTATOES

1. Potatoes are a vegetable, and didn’t your mother tell you to eat your vegetables?
2. Potatoes are low in calories — only 110 calories for a medium-sized potato.
3. Like other vegetables, potatoes contain no fat or cholesterol and very little sodium.
4. Potatoes are versatile and easy to prepare.
5. Potatoes have lots of vitamins and minerals — 50 percent of your vitamin C needs, 20 percent of your potassium needs, 15 percent of vitamin B6 and iodine, 8 percent of iron and thiamin per medium potato.
6. Potatoes add fiber to your diet, especially if you eat the skin.
7. Potatoes cost only pennies per serving.
8. Potatoes are a good source of complex carbohydrates, your body’s best energy source.
10. Potatoes are America’s favorite vegetable. On the average, we eat just about a potato a day.

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PICKING POTATOES
Choose potatoes that are clean, firm, smooth, dry and uniform in size.

STORING POTATOES
Store potatoes in a cool, dark, airy place and use within three to five weeks.

OVEN-WEDGE FRIES
Preheat oven to 400°F. Scrub two large potatoes and cut into quarters. Then cut each quarter into wedges about 1/4 to 1/3 inch wide. Coat a cookie sheet with 1 teaspoon of oil. Lay the wedges on the cookie sheet. Bake for about seven minutes or until the bottom and edges start browning. Then flip them over and bake another seven minutes or until the wedges are brown and cooked throughout.

STUFFED BAKED POTATO
Bake or microwave a potato. Slice tops off potatoes and scoop out the insides and add 1/4 cup cottage cheese. Add 1 tablespoon skim milk and 1 tablespoon (or more) minced onion and a sprinkle of pepper. Mix until well blended. Spoon the mixture back into the potato shell. Enjoy!

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* “The Great Food Almanac” by Irena Chalmers.