



# TATER TALK



Fact Sheet #11-32

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## POTATO TALK

- ⌘ **Couch potato** — one who is watching television and is too lazy to get up and go to the gym, the cleaners, the supermarket or the video store.
- ⌘ **Hot potato** — something too hot to handle; could be a project with doubtful or sensational implications.
- ⌘ **Meat-and-potatoes man** — one who likes simple fare, a person of uncomplicated tastes and strongly held opinions.
- ⌘ **Mashed potato** — a disco dance of the 1960s.
- ⌘ **Potato slot** — a mouth.
- ⌘ **Potato head** — a foolish person (hey! watch it!!!)
- ⌘ **Small potatoes** — something insignificant
- ⌘ **Spud** — a potato (me)
- ⌘ **“Tu me dices papas”** — a Spanish expression, literally “you are telling me potatoes,” meaning “you are telling me “lies”.\*

## 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!

## 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.
9. Potatoes taste good.
10. Potatoes are America's favorite vegetable. On the average, we eat just about a potato a day.

## 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.

