

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Potato



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What veggie was introduced to the U.S. by Irish immigrants?

**POTATOES!**

- ♦ Choose potatoes that are firm, smooth, and the color they are supposed to be.
- ♦ Softness, a green tinge, or wrinkly skin may indicate a potato that is low quality.
- ♦ Store potatoes in a cool, dry place for 3-5 weeks.
- ♦ Most of the nutrients are contained right below the skin, so avoid peeling when possible; scrub the skin to remove dirt.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Nutrition Facts:

- Potatoes are a great source of fiber, potassium and Vitamin C.
- They contain no fat or cholesterol and little sodium.
- A typical serving size is 1 medium potato, which contains about 160 calories.

### Did you know ?

- ♦ Potatoes were first cultivated in the Andes Mountains over 7,000 years ago.
- ♦ The leaves and stems of a potato plant are poisonous and may cause illness when ingested!

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7



Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Broccoli Baked Potatoes

### INGREDIENTS

- ◆ 6 medium Idaho potatoes
- ◆ 3 stalks broccoli
- ◆ ¼ cup skim milk
- ◆ 1 cup shredded low fat Cheddar cheese
- ◆ 1/8 tsp pepper

### DIRECTIONS

1. Preheat oven to 350°F.
2. Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise.
3. Bake until done, 30 to 60 minutes, depending on size.
4. Steam whole stalks of broccoli just until tender; chop finely
5. Carefully slice the potatoes in half and scoop the insides into a bowl. Add the milk, 3/4 cup cheese and pepper. Mash together until the mixture is smooth; add broccoli and mix well.
6. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes) and serve hot.

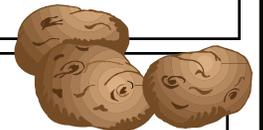
## Potato Vegetable Salad with Yogurt

### INGREDIENTS

- ◆ 2 lbs red potatoes
- ◆ 2 cups broccoli florets
- ◆ 2 cups cauliflower florets
- ◆ 2 medium carrots, peeled
- ◆ 1 medium cucumber
- ◆ 3/4 cup sliced radishes
- ◆ 1/2 cup sliced scallions
- ◆ 1 cup plain low-fat yogurt
- ◆ 3 Tbsp Dijon mustard
- ◆ Salt & pepper to taste

### DIRECTIONS

1. Steam potatoes until they are tender.
2. While potatoes are cooling, steam broccoli and cauliflower until slightly cooked, about 4 minutes. Set broccoli and cauliflower aside to cool.
3. Cut carrots into thin slices. Slice cucumber. Cut potatoes into chunks. Gently stir all vegetables together in a large mixing bowl.
4. In another bowl, whisk together yogurt, mustard, salt and pepper. Pour yogurt dressing over vegetables and stir carefully coated evenly. Refrigerate 1 hour before serving.



Recipes modified from [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**