

HOW TO USE POTATOES

How to Store

Store in a well-ventilated, dry, dark, and cool place, not the refrigerator. Do not clean potatoes before storing because dampness promotes spoilage.

To freeze potatoes, clean, peel, remove bad spots, and cut into ¼ - ½ inch cubes. Blanch (scald in boiling water) for about 5 minutes, cool in ice water, drain well, package in freezer bags or containers, and freeze.

How to Clean

Clean potatoes well under lukewarm, running water. If possible, scrub them with a clean vegetable brush. Remove bruises, sprouts, and green spots.

Five Tips for How to Use

- Baked – To enjoy as a meal, make a baked potato bar with toppings like green onions, shredded chicken, chopped broccoli, salsa, black beans, shredded cheese, cottage cheese, or plain yogurt.
- Mashed – Mashed potatoes are a classic. Try different versions, like mashed potatoes with olive oil and roasted garlic.
- Roasted – Roast potatoes and onions with olive oil, salt, and your favorite spices.
- Salad – There are many different types of potato salad, like German potato salad and potato salads with a dressing made with mayonnaise, yogurt, sour cream, or vinaigrette.
- Soup – Potato is a great addition to soups and stews, such as potato cheddar or potato, sausage, and kale soup.



**Turn over for
recipe**



Potato Salad

Serves: 8

Ingredients:

- 5 potatoes, will vary depending on size
- 3 hard-cooked eggs
- 1 cup chopped celery
- ½ cup chopped onion
- ½ cup pickle relish
- ¼ cup mayonnaise
- 1 tablespoon mustard
- Salt and pepper, to taste

Instructions:

1. Clean potatoes well, then place in a pot and cover with cold water. Add salt to the water and bring to a boil. Once water starts to boil, reduce to a simmer.
2. Simmer for approximately 10-20 minutes. Time will vary based on the size of the potato. Use a utensil to test for doneness. When a fork easily pierces the potato, it is done.
3. Drain, cool, and chop the potatoes.
4. Chop or slice the hard-cooked eggs, to your liking.
5. Mix all the ingredients in a large bowl. Taste and adjust seasoning, if needed.
6. Refrigerate and served chilled.

Tips:

- Leave the skins on for more texture and healthful nutrients.
- Red and golden potatoes hold up better when boiled than Russet potatoes.
- Try adding in chopped pepper or replacing the onion with sliced green onion.