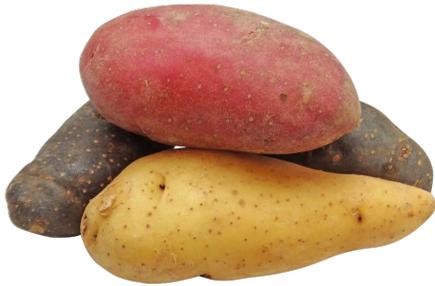


# Harvest of the Month



**FEBRUARY 2018**



**POTATOES**

Circle all words and pictures that are potatoes (count the recipe picture as one.)

- How many did you find?
- How many different ways can potatoes be cooked?
- What is your favorite way to eat potatoes?

## Herb Potato Salad

### Ingredients:

- 1/4 tablespoon salt
- 5 small potatoes (1 pound)
- 1/2 radish (sliced, optional)
- 1/2 teaspoon basil (dried)
- 1/4 teaspoon thyme (dried)
- 1/4 teaspoon onion powder
- 3 tablespoons yogurt, non-fat plain
- 1 tablespoon mayonnaise, reduced calorie
- 1 1/2 teaspoons prepared mustard
- 1/2 teaspoon garlic (1/2 teaspoon, chopped)

### Directions:

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with water. Bring to a boil.
3. Cover, reduce heat and simmer 12 minutes or until potatoes are done. Drain.
4. Mix dressing ingredients.
5. Combine hot potatoes, dressing, radishes, basil, thyme, and onion powder. Serve hot or cold.

### Notes:

The mustard and seasoning make this a tasty potato salad. Try using new red potatoes for added color.

<http://northcountryeatsmartny.org/recipes/herb-potato-salad>



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USDA Mixing Bowl



## Nutrition Facts

|   |               |
|---|---------------|
| 4 servings per container  |               |
| <b>Serving size</b>   | <b>(145g)</b> |
| <b>Amount Per Serving</b>   | <b>180</b>    |
| <b>Calories</b>   | <b>180</b>    |
| % Daily Value*  |               |
| <b>Total Fat</b> 1g   | <b>1%</b>     |
| Saturated Fat 0g  | <b>0%</b>     |
| Trans Fat 0g  |               |
| <b>Cholesterol</b> 0mg  | <b>0%</b>     |
| <b>Sodium</b> 510mg   | <b>22%</b>    |
| <b>Total Carbohydrate</b> 39g   | <b>14%</b>    |
| Dietary Fiber 5g  | <b>18%</b>    |
| Total Sugars 3g   |               |
| Includes 0g Added Sugars  | <b>0%</b>     |
| <b>Protein</b> 5g   | <b>10%</b>    |
| Vitamin D 0mcg  | <b>0%</b>     |
| Calcium 56mg  | <b>4%</b>     |
| Iron 2mg  | <b>10%</b>    |
| Potassium 936mg   | <b>20%</b>    |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |               |



NORTH COUNTRY REGION  
**EAT SMART NY**

**Toll-free: 1-844-3MY-ESNY**

# EAT POTATOES



## Nutrition Facts

|  |                     |
|--|---------------------|
| Serving Size: ½ cup potato, cooked (78g) |                     |
| Calories 68                              | Calories from Fat 0 |
| % Daily Value                            |                     |
| Total Fat 0g                             | 0%                  |
| Saturated Fat 0g                         | 0%                  |
| Trans Fat 0g                             |                     |
| Cholesterol 0mg                          | 0%                  |
| Sodium 3mg                               | 0%                  |
| Total Carbohydrate 16g                   | 5%                  |
| Dietary Fiber 1g                         | 6%                  |
| Sugars 1g                                |                     |
| Protein 1g                               |                     |
| Vitamin A 0%                             | Calcium 0%          |
| Vitamin C 17%                            | Iron 1%             |

## Color Your Plate

It is important to color your plate with a variety of fruits and vegetables; red, yellow/orange, green, blue/purple, and white/tan/brown. Find these colorful fruits and vegetables hiding in the puzzle. And, look for them at your local grocery store or farmers' market.

|          |        |          |
|----------|--------|----------|
| Apples   | Carrot | Potatoes |
| Apricots | Corn   | Raisins  |
| Avocado  | Peas   | Spinach  |



Adapted from: Produce for Better Health Foundation, 2

Answer from front: 17 potatoes

## Reasons to Eat Potatoes:

Eating a ½ cup of potatoes is a good way to get vitamin C.

Potatoes also have many important vitamins and minerals like vitamin B<sub>6</sub>, niacin, and potassium. Niacin is a type of B-vitamin that helps your body make energy. Potatoes can be eaten in many healthy ways – baked, boiled, roasted, mashed, and in soups, stews, and casseroles.

## Niacin Champions\*:

Blackeye peas, low-fat yogurt, peanut butter, turkey, and tuna.

\*Niacin Champions are a good or excellent source of niacin (provide at least 10% Daily Value).

## How Much Do I Need?

A ½ cup of cooked potatoes is about the size of half of one medium potato. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or girl, and how active you are every day. Eating a variety of colorful fruits and vegetables with every meal and snack will help you reach your goal. Look at the chart below to find out how much you need. And be sure to get at least 60 minutes of physical activity every day.

## Recommended Daily Amount of Fruits and Vegetables\*\*

|       | Kids,<br>Ages 5-12  | Teens and Adults,<br>Ages 13 and up |
|-------|---------------------|-------------------------------------|
| Boys  | 2½ - 5 cups per day | 4½ - 6½ cups per day                |
| Girls | 2½ - 5 cups per day | 3½ - 5 cups per day                 |

\*\*If you are active, eat the higher number of cups per day.

See how much is right for you visit: <https://www.choosemyplate.gov/vegetables>

