

# Potatoes



Potatoes are a starchy root vegetable that were first cultivated in Peru. There are over 5,000 varieties of potatoes worldwide.

## Used in:

Snacks, side dishes, salads, soups, or casseroles

## What do they taste like?

Potatoes have a neutral flavor and a fluffy, creamy texture when cooked.

## How do I store, save, and freeze them?

Store potatoes in a paper bag in a cool, dark area with good air flow away from onions. Cooked potatoes can be stored in the fridge for up to 4 days. If freezing cooked potatoes, use within 2-4 weeks as they will lose their flavor after that.

## How do I prepare them?

1. Rinse and scrub under water with veggie brush to remove dirt.
2. Cut off any damaged parts, green tinged parts, and sprouts. You can leave the skin on for extra fiber.
3. Prepare as recipe calls for.



## How do I cook them?

**In the microwave:** Potatoes can be microwaved similar to baked potatoes. Pierce the unpeeled potato and microwave for 10 minutes, or until tender.

**On the stove top:** Boiled: Small red potatoes (“new potatoes”) can be boiled in salted water until easily pierced with a fork. Always start the potatoes in cold water, and bring to a boil (do not add potatoes to boiling water or the exterior cooks before the interior is done). Boiled potatoes can be eaten hot (whole or mashed), or cooled down quickly in cold water and used for potato salad.

**Seasoning ideas:** Savory: thyme, rosemary, garlic, dill, parsley, onion, cayenne, chili, pepper, or paprika.

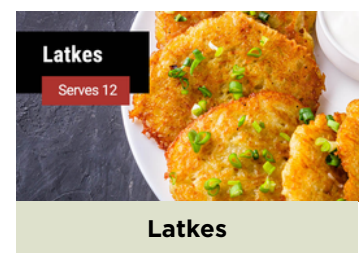
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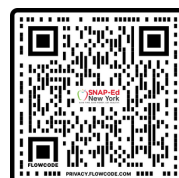


*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Potatoes from SNAP-Ed NY:



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To find more produce guides on our website.



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