

# Harvest of the Month

**APRIL**



*Potatoes come in many shapes, sizes, and colors. With numerous varieties and endless ways to serve them, potatoes are a great addition to meals.*

*The potato is one of the world's most produced staple. Others include rice, corn, wheat, and other roots and tubers such as cassava and taro.*



## POTATOES in Massachusetts

**Potatoes** are available fresh in Massachusetts year-round!

### Potato Pointers

- Shop for firm potatoes with smooth skin and no sprouts. Avoid potatoes with a green coloring to the skin.
- Store potatoes in a cool, dry, and dark place. Do not store in the refrigerator.
- At room temperature, potatoes should be used within one week.

### Nutritional Benefits

Potatoes are a good source of vitamin B, vitamin C, and potassium. Purple potatoes are full of antioxidants, and sweet potatoes are high in beta-carotene. Eating potatoes with the skin on retains more of the nutrients.

### Enjoying Potatoes

Make homemade french fries in the oven to reduce the calories, fat, and sodium compared to processed frozen fries. Add 1 cup of mashed sweet potatoes to your pancake batter for a healthy breakfast.

### Baked Potato Primavera

**Serves 4**

Fruits & Vegetables: 2½ cups per serving

- 4 medium potatoes
- 4 cups frozen mixed vegetables
- ½ cup sour cream, fat-free or ½ cup plain yogurt, non-fat
- ¼ teaspoon oregano, dried
- ¼ teaspoon basil, dried
- Dash of pepper

1. Wash and scrub potatoes under running water and pat dry.
2. Pierce potatoes on each side with a fork (4–5 times). Microwave on high until tender, 3–4 minutes per potato (12–16

minutes when using 4 potatoes). Turn potatoes over using an oven mitt or tongs. Cook for an additional 2–3 minutes, if needed. Set aside.

3. Steam mixed vegetables in the microwave with 3 tablespoons of water in a covered dish for 2 minutes until hot.
4. In a small bowl, mix sour cream or plain yogurt with herbs and pepper.
5. Split each potato in the center and fill with steamed vegetables. Top with sour cream and serve hot.

**Nutrition Facts:** Serving size: 1 potato; Calories: 280; Carbohydrates: 60 g; Fiber: 4 g; Fat: 0 g; Saturated Fat: 0 g; Sodium: 100 mg

Source: Adapted from What's Cooking? USDA Mixing Bowl



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