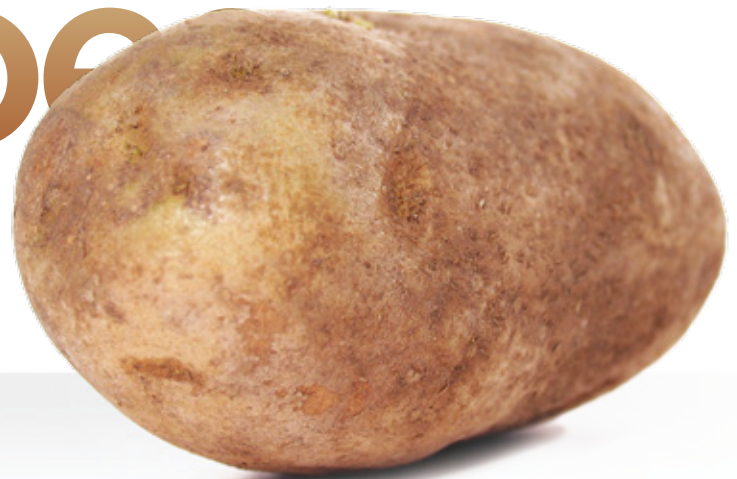


# Potatoes



## Selecting

Potatoes are available in a broad range of colours and sizes. In fact, there are over 4000 varieties of potatoes worldwide, though only a small percentage of these are available in North America.

When selecting a potato the most important fact to know is its starch level and how that fits the purpose you had in mind: baking, frying, mashing, etc.

Look for firm, dry potatoes free of blemishes, green tinge, cuts or sprouted eyes. Try to buy potatoes of similar size for uniform cooking time.

For more information on potato types and best uses please visit [www.halfyourplate.ca](http://www.halfyourplate.ca).

## Storing

Potatoes should be stored in a cool dark spot that is well ventilated and dry. Storing potatoes in a heavy paper or burlap bag helps to keep out the light. Potatoes if stored correctly can last for months.

New potatoes are the only type of potato that is stored in the fridge in a plastic bag. New potatoes are more perishable and only last about a week.

## Preparing

Scrub potatoes well before cooking. If possible keep the skin on to retain the maximum amount of fibre and potassium and to help the potato keep its shape. If you do peel the potato, cook immediately or soak in water to prevent discolouring.

## Eating

Potatoes are good boiled, steamed, microwaved, roasted, baked, fried or sautéed. If you are cutting potatoes, try to keep them a uniform size for even cooking. If boiling or steaming potatoes in water, use just a small amount of water

to help limit loss of nutrients since many of the nutrients are water soluble.

## Seasonality

Potatoes are available year round.

## Nutrition

A baked potato with the skin has 161 calories.

The nutritional value of potatoes varies slightly depending on the variety. Generally potatoes contain fibre, Vitamin C, potassium and magnesium. Note that the contribution of nutrients is much higher if you eat the skin.



Here is a recipe with a new twist on Sheppard's Pie  
[www.halfyourplate.ca/recipe/shepherds-pie-with-garlic-mash-2/](http://www.halfyourplate.ca/recipe/shepherds-pie-with-garlic-mash-2/)

