



SMART SHOPPER TIPS & RECIPES

The Skinny on Spuds

To Store...

Keep in a cool, dry, dark, ventilated place for up to two months. New potatoes retain good quality only for a week or so and are the **ONLY TYPE** of potato better stored in the refrigerator.

To Taste ...

People often think of potatoes as “fattening,” however toppings used on potatoes are what add fat and calories. Try the following on your baked potato:

- low-fat yogurt or sour cream (2% MF or less) with chives or green onions
- low-fat cottage cheese (2% MF or less)
- grated Parmesan cheese
- chopped onions, mushrooms and tomatoes
- calorie reduced salad dressings and salsa

Did you know...

Potatoes are very high in potassium, high in Vitamin C and a source of folate, iron, and dietary fibre. To prevent vitamin loss, avoid soaking potatoes in water. Cook potatoes in a small amount of water in a saucepan with the lid on, and cook them as quickly as possible.

Ontario potatoes are

classified as long, round whites, round reds, or sweet.



To Use...

- Long varieties have a dry, fluffy texture. They are popular for baking, mashing and French-frying.
- Round whites and round reds are firm, waxier in texture and particularly good for boiling and steaming.
- Yukon Gold are also good for mashing, baking and French frying.
- New potatoes skin easily and the thin flavourful skins should be boiled or steamed with the rest of the potato.

Adapted from Foodland Produce Fact Sheets, Ontario Ministry of Agriculture Food and Rural Affairs, 1999

Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables and fruit
For tips and practical suggestions visit www.5to10aday.com

Easy Scalloped Potatoes

These are the easiest, most delicious scalloped potatoes you will ever make!

1	10 oz. (284mL) can condensed cream of celery soup	1
1 ¼ cups	milk	300mL
½ cup	sliced onions	125 mL
3 cups	potatoes, cut into ¼ inch (5 mm) thick slices	750mL
½ cup	grated Cheddar cheese	125 mL
	black pepper	
	paprika	

Preheat the oven to 325° F (160° C).

Grease a 13 x 9 inch (3L) baking dish.

In a large bowl, stir together soup, milk, onions and potatoes. Pour into prepared baking dish; sprinkle with cheese. Season to taste with pepper and paprika.

Bake for 65 to 75 minutes or until potato is tender.

In a hurry?

Looking for baked potatoes in a hurry? Use your microwave! A medium potato (6 to 8 oz. [175 to 250 g]) takes only three to four minutes to cook on high. Pierce with a fork before cooking. Let stand for two minutes to soften before serving. You can also start baked potatoes in the microwave and crisp them up in a toaster oven or on the barbecue.

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Seasoned Potato Slices

Try these instead of French fries!

Cut 4 medium potatoes into ¼ inch thick slices. In plastic bag, combine ¼ cup grated Parmesan cheese, 2 tbsp dried parsley and ¼ tsp pepper. Add potatoes slices a few at a time and shake to coat. Place on a cookie sheet lightly coated with vegetable oil or vegetable oil spray and bake at 400°F until golden brown (approximately 35-40 minutes).

Adapted from Foodland Ontario, Ontario Ministry of Agriculture and Food