Potato!

Fun Food Facts

A good source of **Vitamin B6**, which helps our body make energy, & **potassium**, which helps maintain healthy blood pressure.

Potatoes are 20% solid and 80% water!

Potatoes were the first food to be grown in space!

Eat them in healthy ways like baked, boiled, roasted, mashed, and in soups or stews.

Keep the potato skins on for extra fiber to help your digestive system.

The word potato comes from the Spanish word "patata". Tater or spud are also words people use for potato.

Edible Maze

Fruits and vegetables come in many colors. There are even orange potatoes, called sweet potatoes. It's important to color your plate with a variety of fruits and vegetables. They'll help you get the energy and nutrients you need to stay healthy and strong.

Find your way through the maze. Then color the fruits and vegetables, label them, and draw stars next to the ones you like to eat.



RECIPE

Herb Potato Salad

cachampionsforchange.cdph.ca.gov

<u>Ingredients</u>

1½ pounds red potatoes
(about 8 potatoes), cubed
½ cup light Italian dressing
½ tbsp spicy brown mustard
1 tbsp fresh parsley, chopped

1 tsp **garlic** salt

¼ tsp ground **black pepper**

½ cup red bell pepper, chopped

½ cup green bell pepper, chopped

½ cup green onions, chopped

Directions

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool.

Watch us make recipes at stlawrence.cce.cornell.edu

- 2. Cut potatoes into bite-size pieces and place in a medium bowl.
- **3.** In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
- 4. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

Nutrition Serving Size: 1/2 cup Saturated Fat: 1a Sodium: 441ma





Cornell Cooperative Extension St. Lawrence County Yield: 6 servings Calories: 132 Total Fat: 4g
Total Carbohydrates: 24g Fiber: 4g Protein: 2g

Connect with us & find your local office at: snapedny.org

To find out more about SNAP benefits, contact your local

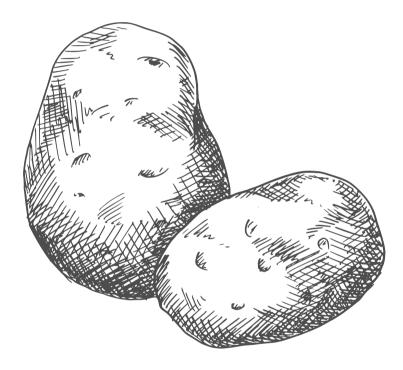
NOEP Coordinator at 315-764-9442 ext. 405

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SNAP-ee!

Harvest of the Month



Unscramble these letters to find out the veggie of the month:

TOPAOT

botanical name: solanum tuberosum