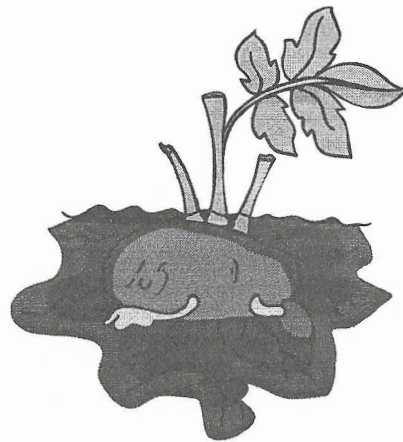




**Klamath Basin Research
and Extension Center**

Potato Power
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Test Your Potato IQ

True or False

The main potato variety grown in Klamath County is Russet.

True or False

Americans eat more potatoes than any other vegetable.

True or False

Potatoes are rich in vitamin A.

True or False

Carbohydrates from potatoes raise blood sugar.

True or False

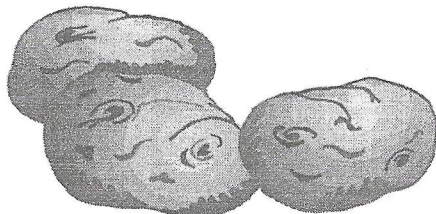
The best potatoes for potato salad are yellows or reds.

True or False

Uncooked potatoes should be stored at 40 degrees or lower.

True or False

Baked potatoes are best when wrapped in aluminum foil for cooking.



Dig This!

Watch out! Some packaged foods and beverages pack more servings than you need.



Nutrition Facts

Serving Size 1 potato (148g/5.3oz)

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 620mg **18%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 0% • **Vitamin C 45%**

Calcium 2% • Iron 6%

Thiamin 8% • Riboflavin 2%

Niacin 8% • Vitamin B₆ 10%

Folate 6% • Phosphorous 6%

Zinc 2% • Magnesium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Do the math: % Daily Value adds up to a balanced diet.



Potassium is a superhero for healthy blood pressure.

Too much fat, sodium, and cholesterol can bully your body.



There's more to fiber than a good crunch.

For health, vitamin C gets an A+.



READ THE LABEL.
It's Good For Your Body.

www.healthypotato.com



GLYCEMIC INDEXES OF COMMON FOODS

Breads & Grains

waffle - 76
doughnut - 76
bagel - 72
wheat bread, white - 70
bread, whole wheat - 69
cornmeal - 68
bran muffin - 60
rice, white - 56
rice, instant - 91
rice, brown - 55
bulgur - 48
spaghetti - white - 41
whole wheat - 37
wheat kernels - 41
barley - 25

Cereals

Rice Krispies - 82
Grape Nuts Flakes - 80
corn flakes - 77
Cheerios - 74
shredded wheat - 69
Grape Nuts - 67
Life - 66
oatmeal - 61
All Bran - 42

Fruits

watermelon - 72
pineapple - 66
raisins - 64
banana - 53
grapes - 52
orange - 43
pear - 36
apple - 36

Starchy Vegetables

potatoes, baked - 83
potatoes, instant - 83
potatoes, mashed - 73
carrots - 71
sweet potatoes - 54
green peas - 48

Legumes

baked beans - 48
chick peas - 33
butter beans - 31
lentils - 29
kidney beans - 27
soy beans - 18

Dairy

ice cream - 61
yogurt, sweetened - 33
milk, full fat - 27
milk, skim - 32

Snacks

rice cakes - 82
jelly beans - 80
graham crackers - 74
corn chips - 73
life savers - 70
angel food cake - 67
wheat crackers - 67
popcorn - 55
oatmeal cookies - 55
potato chips - 54
chocolate - 49
banana cake - 47
peanuts - 14

Sugars

honey - 73
sucrose - 65
lactose - 46
fructose - 23

Beverages

soft drinks - 68
orange juice - 57
apple juice - 41

Foods listed from highest to lowest glycemic index within category. Glycemic index was calculated using glucose as the reference with GI of 100. Modified from Foster -Powell and Brand Miller (1995). American Journal of Clinical Nutrition ; 62:8715

STORAGE

- *Do not wash potatoes before storing. Moisture can cause spoilage.
- *Store in a cool (45°-50°), humid (not wet), dark place with good ventilation. When potatoes are correctly stored, they will remain fresh for up to a month.
- *If potatoes are stored in a warm place, such as under the sink, they may attract bugs and rodents. They will sprout and shrivel. Throw away potatoes that are shriveled or have many sprouts.
- *If potatoes are stored where they are exposed to light, they turn green, produce a toxic substance, and develop a bitter flavor. Peel off green areas before using. Throw away potatoes that are mostly green.
- *Don't store potatoes in the refrigerator because this converts some of the potato's starch to sugar.

PREPARATION

- *Potatoes with a high starch content, like russets, bake well and make fluffy mashed potatoes. Potatoes with a low starch content, such as red potatoes, are good for making potato salads.
- *Potatoes should be thoroughly washed with water and scrubbed lightly. Any sprouts or eyes should be cut out.

Varieties of Potatoes and The Best Uses

Best for baking: russet

Best for potato salads, gratins, and scalloped potatoes: Yellow finn, new potato, red-skinned, white round, and purple

Best for mashing: russet, Yukon gold, and purple

Best for soups and chowders: Yukon gold, Yellow finn, red-skinned, white round, and purple

Best for pan frying: red-skinned, white round, new, and fingerling

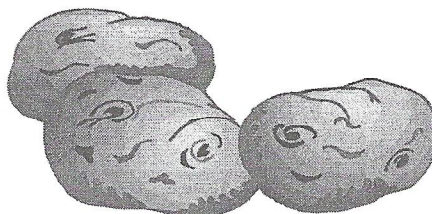
Best for French fries: russet, and purple,

Best for purees: fingerling

Best for roasting: new potatoes

Best for steaming: new potatoes and Yukon gold

Best for potato pancakes: russet and Yukon gold



RECIPES

The Perfect Baked Potato

Adjust the rack in your oven to the middle position and preheat the oven.
Rinse and scrub the potato under running water and dry it thoroughly.
Pierce the potato deeply with a fork or sharp knife. **Optional:** rub the potato with olive oil and roll in coarse salt before baking (this will make a soft skin).

Bake: 45 minutes at 400 degrees F
60 minutes at 350 degree F
90 minutes at 325 degrees F

Potatoes are done if tender when pierced with a fork, or you can test for doneness by gently squeezing the middle of the potato, and if it gives easily to your touch, it is done.

Nutrition analysis (1 medium potato): Calories 160, Carbohydrates 37g, Fat 0g, Sodium 15mg

Source: <http://whatscookinginamerica.net/Q-A/PotatoBaking.htm>

Whipped Potatoes

2 large baking potatoes (about 1 1/4 pounds total) peeled and cut into 2-inch chunks
2 tablespoons margarine
1/4 cup fat-free evaporated or skim milk
1/2 teaspoon salt
1/4 teaspoon pepper

Boil the potatoes in a large pot until tender, about 15 minutes. Drain well. Whip the hot potatoes, margarine, and milk with an electric mixer until light and fluffy. Add the salt and pepper; mix well. Serve immediately.

(Yield: 5 servings)

Nutrition analysis (1/2 cup): Calories 130, Carbohydrates 20mg, Fat 5mg, Sodium 308mg

Source: *The New Family Cookbook for People With Diabetes*

Potato Soup

4 to 6 potatoes, cut in chunks
Water (about 4 cups) to cover
2 bouillon cubes or 2 teaspoons bouillon granules
1 tablespoon chopped onion
1/8 teaspoon pepper (to taste)
1/4 teaspoon parsley flakes, optional
1 1/2 cups nonfat dry milk powder
3 tablespoons cornstarch
3 tablespoons margarine

Place potatoes, water, bouillon, onion, pepper, and parsley in a pan. Cook over medium-low heat until potatoes are tender (about 10 to 15 minutes). Do not drain. In a bowl mix together dry milk powder and corn starch. Cut in margarine until it looks like crumbs or cornmeal. Sprinkle over potatoes. Stir until thickened.

(Yield: 5 servings)

Nutrition analysis (1 cup): Calories 320, Carbohydrates 53g, Fat 4.5g, Sodium 1110mg

Source: *Clemson Extension HGIC 4254*

Broccoli Baked Potatoes

- 6 medium potatoes
- 3 stalks broccoli
- 1/4 cup skim milk
- 1 cup shredded low-fat cheddar cheese
- 1/8 teaspoon pepper

Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake until done, 30-60 minutes, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add the milk, 3/4 cup of the cheese, and the pepper. Mash together until the mixture is pale green with dark flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

(Yield: 6 servings)

Nutrition analysis (1 medium potato): Calories 346, Carbohydrates 44g, Fat 7g, Sodium 327 mg

Source: <http://www.fruitsandveggiesmatter.gov/month/potato.html>

Grilled Potato Planks

- 3 tablespoons olive oil
- 1 clove garlic, minced
- 2 teaspoons finely chopped, fresh rosemary leaves
- 1/2 teaspoon salt
- 1 1/2 pounds (about 3 large) unpeeled baking potatoes, cut into 1/2 inch slices

Preheat grill. Combine oil, rosemary, and salt in dish. Add potato slices and turn until well coated. Grill potatoes for 8 minutes or until soft. Turn and continue grilling 10 minutes longer or until cooked through. Remove from grill and serve.

(Yield: 4 servings)

Nutrition analysis (1/4 of recipe): Calories 280, Carbohydrates 43, Fat 11g, Sodium 310mg

Speckled Potatoes

- 1 1/2 pounds red potatoes, peeled and thinly sliced
- 1/2 cup minced onion
- 1 clove garlic, minced
- 1 low-sodium chicken bouillon cube
- 1/2 cup chopped, fresh parsley

In a large saucepan with 1 inch of water, combine potatoes, onions, garlic, and bouillon cube. Cover and cook 10 minutes. Add parsley and cook 5 minutes more, or until potatoes are tender. Drain.

(Yield: 6 servings)

Nutrition analysis (1/2 cup): Calories 90, Carbohydrates 20g, Fat 0g, Sodium 15mg

Source: <http://apps.nccd.cdc.gov/dnparecipe>

Light and Lively Potato Salad

- 1 1/2 pounds fingerling potatoes, assorted colors (red or yellow potatoes work well too)
- 1 tablespoon vinegar (rice or champagne)
- 1 1/2 teaspoons Dijon-style mustard
- 1 1/2 teaspoons grated lemon zest
- 1/4 cup olive oil
- salt and pepper as needed
- 1/2 cup thinly sliced celery
- 1/2 cup roughly chopped Italian parsley
- 1/3 cup roughly chopped pitted green olives
- 1/4 capers, rinsed
- celery curls, optional*

Simmer potatoes until tender. Drain and cool. Cut in half widthwise. In a large bowl, whisk together vinegar, mustard, and lemon zest. Slowly whisk in oil. Season with salt and pepper. Fold in potatoes and remaining ingredients, except celery curls.

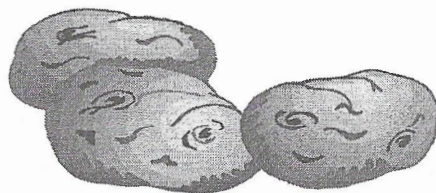
Adjust the seasoning to your taste. Marinate for a few hours. Mound in bowl or on individual salad plates and garnish with celery curls.

(Yield: 6 servings)

*To make celery curls, with vegetable peeler, shave celery into long strips.

Place in ice water for several hours, or until strips curl.

Nutrition analysis (1/2 cup): Calories 194, Carbohydrates 22g, Fat 11g, Sodium 416mg



Potato Power Lesson Plan, October 2007
Patty Case, OSU Extension Service Klamath County

Preparation

Copy handouts in the following order: Quiz, Storage/Preparation, Label (Dig This), Recipes. Bring pictures or samples of potato flowering, potato seed/fruit and any other items that would be interesting and fit with the potato theme. Bring sample of colored potatoes (blue, purple, orange and/or reds). Prepare one of the potato recipes to share with the group.

Introduction

Introduce topic by "pondering on potatoes." Share memories of potatoes such as helping harvest, preparing or even President Bush debating how potatoes should be spelled

Class Outline

Review objectives of the class which include:

- Understand the nutritional value of potatoes and how they fit into a healthy diet
- Review varieties and best use of
- Review preparation methods and share recipe ideas

Quiz followed by Discussion

Give brief history on potatoes: Potatoes have been a staple for Americans for 300 years. Many varieties are locally grown. They are versatile, can be stored to be eaten year round & inexpensive. Domesticated in S. Peru and N. Bolivia, spread to Spain and Europe.

Have participants complete true/false questions. Follow this with discussion of each.

1. **True.** Mostly grow Russet Norkotah, Russet Burbank. 35-40% for chip stock. Rest are specialty types (Yukon Gold, Dark Red Norland, Red LaSoda, Modoc, Sierra Gold, fingerlings and purples)
2. **True.** Potatoes are the leading vegetable crop in US. Each person consumes 130 pounds per year. 50% of potato sales are processed (fries, chips, dehydrated, etc)
3. **False.** Review label and main nutrients (over 10% DV). Many of nutrients are just below the skin. Fresh is best. More potassium than a banana. Varieties being developed that are higher in phytochemicals (eg. anthocyanins). Act as antioxidant to prevent cell damage and thus disease. Show pictures or samples of purple, red or orange potatoes.
4. **True.** Review label again. Carbohydrate in 5 oz serving is 26 grams. Carbohydrate is main nutrient that raises blood sugar which could be a concern if you have diabetes. Serving size is the key. Practice weighing a 5 oz potato so people can visualize serving size.
5. **True** although some people may disagree. Reds & yellow seem to hold up better in salads. Russets best for baking.
6. **False.** Best to store at 50 degrees. Lower alters taste and increases sugar.
7. **True** though some may disagree. Softer skin is a matter of preference, won't be as light and fluffy. Make sure that you don't store baked potatoes in foil. Has led to botulism.

Review Handouts & Recipes

Prepare a recipe or one of your own and allow everyone to taste.

Conclusion

Potatoes are versatile vegetable that is easy to grow, prepare and store. They can fit in a healthy diet but as with many foods we must pay attention to serving size and preparation methods.

Resources

- Grow Your Own Potatoes, OSU Publication EC 1004, online at <http://extension.oregonstate.edu/catalog/html/ec/ec1004/>
- US Potato Board Website (download "Dig This" label handout) at www.healthypotato.com. Also list of Frequently Asked Questions about potatoes.
- Glycemic Index, <http://lpi.oregonstate.edu/infocenter/foods/grains/gigl.html>
- Potatoes from Garden to Table, NDSU Extension Service Publication FN-630, online at www.ag.ndsu.edu/pubs/yf/foods/fn630.pdf