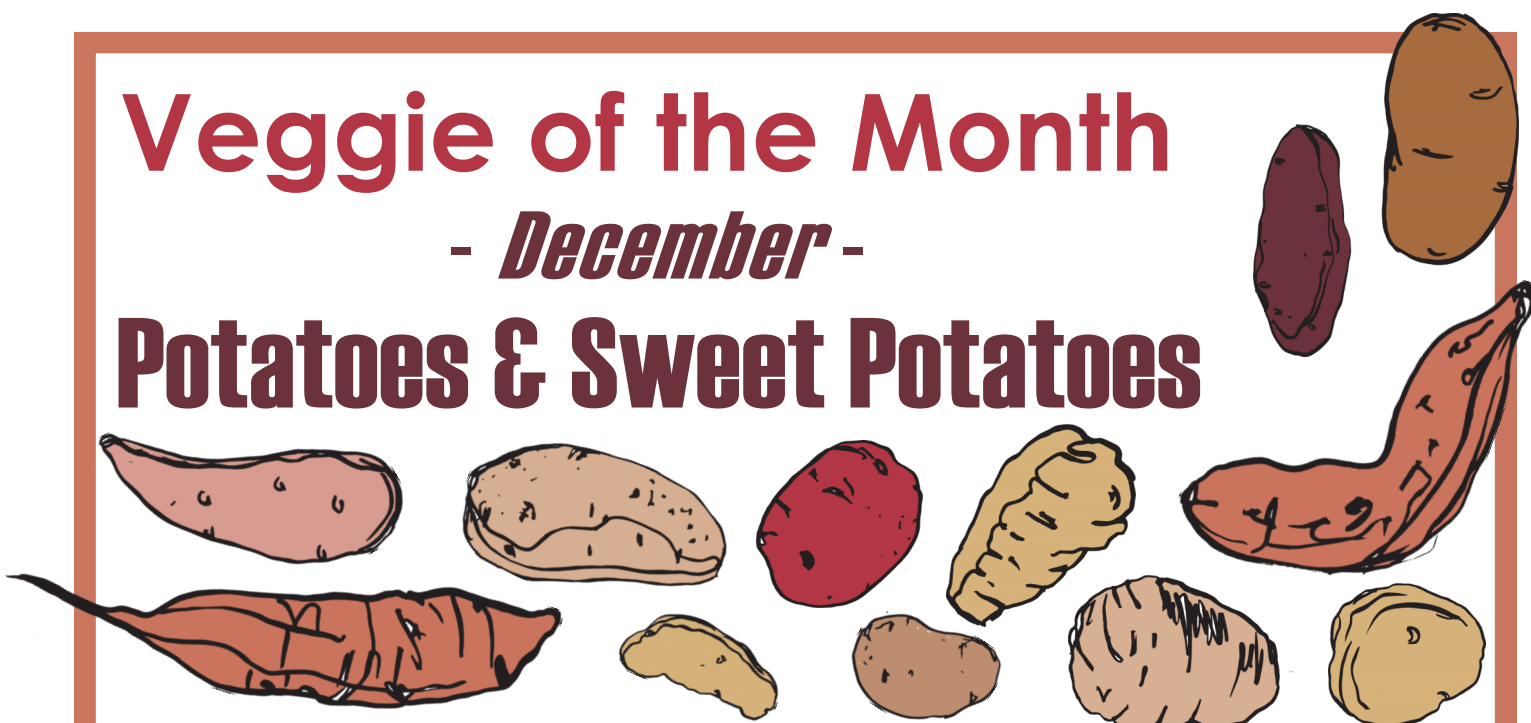


Veggie of the Month

- *December* -

Potatoes & Sweet Potatoes



About

Although potatoes and sweet potatoes get a bad nutritional reputation for their high starch content and fried preparation, both vegetables are **high in vitamins and minerals** and have their place in a balanced diet. These tuberous vegetables originated in South America but are now grown throughout the world and are some of the biggest crops internationally. The white potato is generally higher in protein but lower in fiber and sugar than the orange sweet potato. There are many varieties of potatoes, from the brown Russet and small red to the long fingerling and even purple potato, that can be prepared many different ways.

Did You Know?

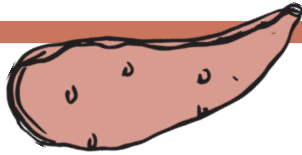
The English word *potato* comes from Spanish ***patata*** (the name used in Spain).

The green leaves and green skins of potato plants exposed to the light are toxic.

Potato chips are one of the most common snack foods in the world, with **billions** of packets being consumed every year.



Shopper's Tips



Look for potatoes that are **smooth and firm**, without eyes, discoloration, bruises or cuts.

Don't keep potatoes in the refrigerator or next to onions. Store in a cool, dry place until ready for use for up to 3 months.

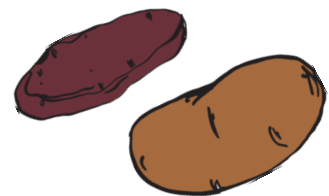
Before cooking, scrub potatoes under cold running water to remove remaining dirt.

Nutrition Highlights

- A medium-size potato with the skin provides 45% of the Daily Value (DV) of vitamin C, 18% DV of potassium, 10% DV of vitamin B6 and trace amounts of thiamin, riboflavin, folate, niacin, magnesium, phosphorus, iron, and zinc
- Cooked potatoes are high in **resistant starch** that act similarly to fiber in the body
- One baked, medium-sized sweet potato contains **438%** of your daily value of vitamin A (a white potato contains 1%)

Try This!

- Mix up the traditional mashed potato by incorporating yogurt and caramelized fennel for a rich, creamy flavor
- Halve baby potatoes and roast with rosemary, sea salt and olive oil for an easy dinner side dish
- Try a curried carrot, sweet potato and ginger soup for a vegan alternative to chicken noodle soup—the ginger and curry will open up your sinuses and the carrot and potato will give you energy!



somerville.k12.ma.us/food-nutrition-services