

## FUN FACTS

The potato is the second most consumed food product in the United States, with the average American consuming 135 pounds of potatoes per year! Northern Maine is widely known for its potato production, but what most do not know is just how sustainable potato production in Maine is. With a growing season that has the right combination of sun and rain, Maine potato farmers can use less irrigation than the national average. In addition, the long and cold winters in Maine prevents pests, resulting in a decrease in pesticide use.

SOURCE: Maine Potato Board



While they are best known for their carbohydrate content, potatoes are also packed with several other essential nutrients! Potatoes have more potassium than a banana, and are a great source of vitamin C, vitamin B6, and fiber. Potatoes are also rich in antioxidants, which have been linked to a decrease in cancer risk.

## NUTRITION

### RECIPE: POTATO SALAD

YIELD: 50 - 2/3 cup SERVINGS

#### INGREDIENTS

9 lbs. 6 oz fresh potatoes  
1 lb. 2 oz (1 qt 1/4 cup) fresh celery, chopped  
7 1/2 oz (1 1/4 cup) fresh onions, chopped  
6 oz (2/3 cup) sweet pickle relish, undrained  
12 fresh, large, hard boiled eggs, chopped

1 lb. 10 oz (3 cups) low-fat plain Greek yogurt  
1 Tbsp salt  
1 tsp ground black pepper  
1 Tbsp dry mustard



#### PREPARATION

1. Boil potatoes in water for 30-45 minutes until tender. Cool, peel, and dice into 1/2" cubes.
2. Add all other ingredients. Mix lightly until well blended. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to serve. Portion with No. 6 scoop.

SOURCE: Adapted from USDA Mixing Bowl

#### MEAL PATTERN CONTRIBUTION

3/8 cup starch vegetables  
1/8 cup other vegetables

### RECIPE: "POP'S" ROASTED POTATOES

YIELD: 48 - 1/4 cup SERVINGS

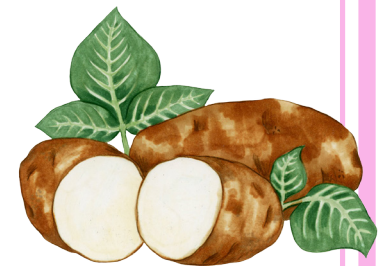
#### INGREDIENTS

20 medium russet potatoes  
3/4 cup olive oil  
1/4 cup black pepper

1/4 cup paprika  
6 Tbsp onion powder  
8 tsp parsley

#### PREPARATION

1. Preheat oven to 400 °F.
2. Scrub potatoes well under cold water. Pat dry.
3. Cut potatoes into slices or small chunks. Drizzle oil onto potatoes. Add pepper, paprika, onion powder, and parsley. Toss in bowl to coat.
4. Place on pan and bake in oven for about 20 minutes, or until golden brown.



SOURCE: Adapted from USDA Mixing Bowl

#### MEAL PATTERN CONTRIBUTION

1/4 cup starch vegetable

