

NEWS

You Can Use

June 2014

NUTRITION EDUCATION WITH SENIORS



Potatoes are not only delicious, but they are packed with vitamins, minerals, and are naturally fat, sodium, and cholesterol-free. Use this simple potato selection guide to choose your next potato!



Russet Potatoes have a light to medium brown skin and a chewier texture when cooked. They're perfect for making fluffy mashed potatoes and are also the preferred potato for baking, frying, and roasting.



Red Potatoes have a white flesh, red skin, and a waxy, creamy, moist texture. They remain firm during cooking and are often added to soups and stews. They are also great for making potato salad and can be mashed, roasted, or baked.



Fingerling Potatoes have a unique, finger-like appearance and come in a multitude of colors such as purple, yellow, red, or white. They have a waxy texture and a buttery, nutty flavor. They can be cut lengthwise, sprinkled with olive oil, and roasted in the oven to create nutritious fries.

Don't be shy, give canned sliced potatoes a try!

Canned sliced potatoes are a great alternative to uncooked potatoes because you don't have to spend time cutting, peeling, and cooking them. They also come ready-to-eat and have the perfect texture for mashing. To help lower sodium, remember to drain and rinse as you do with other canned vegetables.

Storage:

- ◆ Store unopened canned sliced potatoes in a cool, dry place such as a kitchen cabinet or pantry.
- ◆ Once opened, store leftover potatoes in an airtight container or tightly sealed plastic bag.
- ◆ Refrigerate for up to four days or freeze for up to one to two months.
- ◆ Freezing and thawing will result in the canned potatoes having a softer texture; therefore, they are best used for soups, casseroles, or other cooked dishes.



Nutrition:

- ◆ Each 14½ ounce can contains 1½ cups of sliced potatoes.
- ◆ One cup of diced, mashed, or sliced potatoes is counts as one cup from the MyPlate vegetable group.
- ◆ One cup of canned potatoes contain about 108 calories, 2 g fiber and 27 mg vitamin C.

Uses:

- ◆ Mashed potatoes, cold potato salad, soups, casseroles, and stews

DID YOU KNOW?

The average American consumes approximately 140 pounds of potatoes per year!

Fill up on fresh summer fruits, vegetables, and herbs!

The Senior Farmers' Market Nutrition Program (SFMNP) is a federally-funded program administered by the Iowa Department of Agriculture. The SFMNP provides eligible older adults with vouchers that can be exchanged for foods such as fruits, vegetables, honey, and fresh-cut herbs at farmers' markets, community-supported agriculture programs, and roadside stands.

SFMNP vouchers are distributed from **June 1 through August 31** on a first come, first served basis.

To obtain your voucher or for more information about the program or your eligibility, please contact your local Area Agency on Aging. In Polk County, you can call (515) 255-1310 or (800) 747-5352.



Learn About
Senior
Farmers
Market
Nutrition
Program

Eggy Potato Salad

Serves: 4

Serving size: ½ cup

Ingredients:

- 1/3 cup green onion, sliced
- ¼ cup celery, finely chopped
- ¼ cup light mayonnaise
- 1 teaspoon Dijon mustard
- 2 hard-boiled eggs, chopped
- 1 (14 ½ ounce) can unsalted, sliced potatoes (drained and rinsed)
- ¼ teaspoon dried dill weed (optional)
- Salt and pepper (to taste; optional)



Instructions:

1. Mix green onion, celery, mayonnaise, and mustard in a medium bowl until well-blended.
2. Stir in eggs.
3. Fold in potatoes.
4. Cover tightly and refrigerate for 30 minutes or until adequately cooled.
5. Optional: season with salt, pepper, and dried dill weed to taste.

Nutritional analysis (½ cup): 150 calories, 7g fat, 1.5g saturated, 0g trans, 160mg sodium, 17g carbohydrates, 3g fiber, 2g sugar, 4g protein

Adapted from: <http://www.foodnetwork.com/recipes/sandra-lee/eggy-potato-salad-recipe.html>

Helpful Resources

Polk County Congregate Meals
(515) 286-2062

Commodity and Supplemental Foods
(515) 286-3679

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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