

Do you want a potato farmer to come to your school? Interested in trying new potato recipes during lunchtime? Need more potato information for a school project?

Have your parent, teacher or cafeteria staff member contact Potatoes USA at:

EMAIL:

PotatoesRaiseTheBar@PotatoesUSA.com

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Potatoes USA
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Telephone: (303) 369-7783

LOVE THE RECIPES YOU SEE HERE?

Sign up at PotatoGoodness.com to receive a potato recipe via email every week. Forward the email and encourage others to sign up, too!



For these recipes & more, visit:

PotatoesRaiseTheBar.com



Down: 1. Vitamin C, 2. GlutenFree, 3. Banana, 5. Vegetable, 6. Underground, 9. Eyes, 10. Sodium

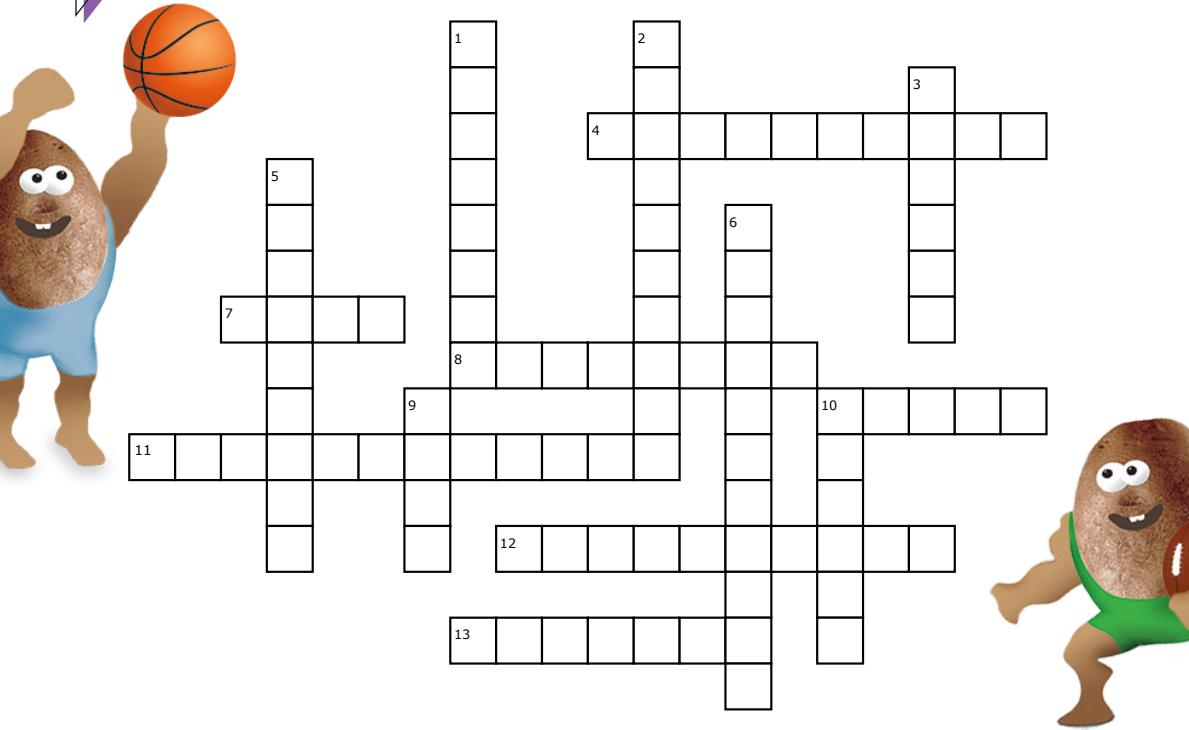
Across: 4. Outerspace, 7. Peru, 8. Calories, 10. Seven, 11. Carbohydrate, 12. Metabolism, 13. Protein

Test Your Tater IQ!



Think you're a spud superstar?

Test your skills with these tricky tater questions. Some of the answers are simple and some you'll have to search through the pages of this brochure to find. Good luck!



Down

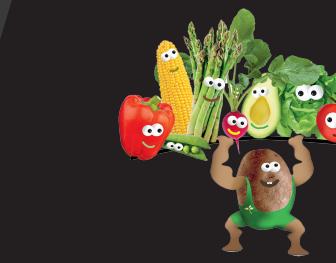
1. Potatoes contain 30% of your daily _____, a nutrient commonly found in orange juice and other citrus fruit!
2. Unlike bread and pasta, potatoes are naturally _____.
3. Potatoes have more potassium than a _____.
5. Potatoes aren't a fruit, they're a _____.
6. Potatoes grow _____ and need sun and water to develop.
9. Just like us, potatoes have _____, but they can't see in the dark!
10. Potatoes contain no fat, _____ or cholesterol.

Across

4. Houston, we have a problem! potatoes were the first vegetable grown in _____.
7. The Incas in _____ were the first to cultivate potatoes.
8. A medium-sized potato with the skin has only 110 _____.
10. Potatoes come in many shapes, sizes and colors. There are _____ most common types.
11. Potatoes are a nutrient-dense complex _____.
12. Potatoes are a good source of Vitamin B6, a nutrient that plays an important role in energy _____.
13. Potatoes have 3 grams of _____, a nutrient that helps muscle development.

PERFORM YOUR BEST WITH THE POWERFUL POTATO

A backpack guide to potato nutrition, farming + more!





Did you know that potatoes are a vegetable? They contain important nutrients that help you power through school, sports and more.

That's right, whether you're a cross country athlete, football fan or star drama student, your body needs certain nutrients to thrive. Potatoes are a real food that provide the carbohydrate, potassium, and energy you need to perform at your best. Carbohydrate is the primary fuel for your brain and a key source of energy for muscles. Potassium is an important electrolyte that aids in muscle, cardiovascular and nervous

system function. Finally, adequate energy intake supports optimal body functions and potatoes are more energy-packed than any other popular vegetable. With so many potato varieties and forms available, it's easy to enjoy the benefits of potatoes at any time of day, every day of the week.

Learn more about these nutrients and more found in the tasty potato:

ALL ABOUT POTATOES

The following reflects the values for a medium 5.3 oz. potato with the skin.

A GOOD SOURCE OF VITAMIN B6

Vitamin B6 plays an important role in energy metabolism.³



PROTEIN

A medium-size (5.3 oz) potato has 3 grams of protein.²

VITAMIN C

30% of your daily value.²

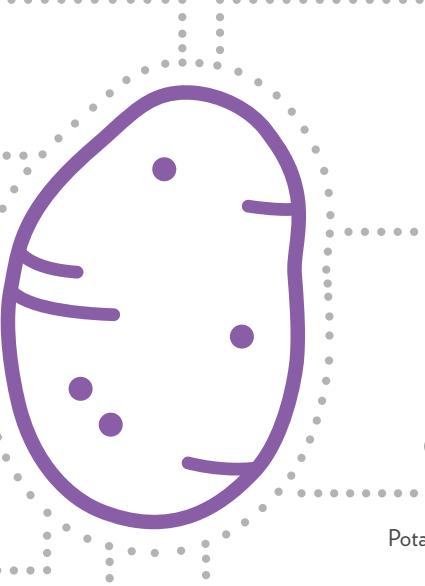
POTASSIUM

A skin-on potato has more potassium than a medium-size banana.

110 CALORIES

110 calories for a medium-sized (5.3 oz) potato with skin.

NO FAT NO SODIUM NO CHOLESTEROL



CARBOHYDRATE
Potatoes are a nutrient-dense complex carbohydrate.

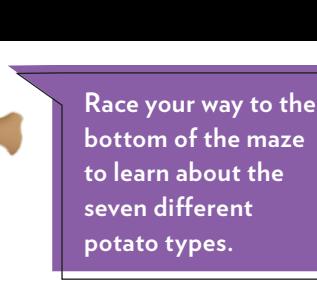
GF GLUTEN FREE

1. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber. J Acad Nutr Diet. 2010;110(10):1749-1756.

2. USDA National Nutrient Database for Standard Reference, Release 23 (2010). Potatoes, baked, flesh and skin, without salt. Available at: http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl.

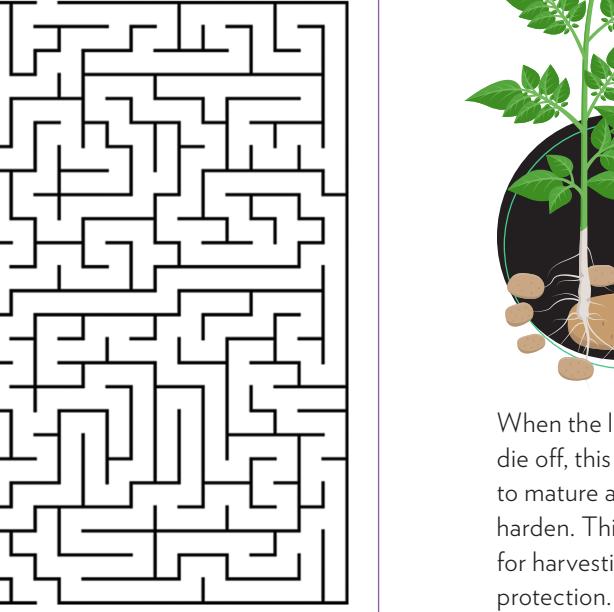
3. Gropper SS, Smith JL. Advanced Nutrition and Human Metabolism. 6th Ed. Belmont, CA: Wadsworth, Cengage Learning. 2013. Pp.361-364.

Take a Tater Tour!



Race your way to the bottom of the maze to learn about the seven different potato types.

Start here!



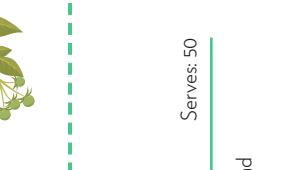
Potatoes are grown year-round in over 30 states across the country. Each potato plant is grown from a small piece of potato called a "seed." It typically takes 3-4 weeks for a potato plant to emerge.



Underground, the plant sprouts roots with a hook at the end. The roots eventually develop into tubers. After about 60 days, the tubers begin to bulk up and the plant also produces flowers.



When the leafy vines begin to die off, this signals the potatoes to mature and their skins to harden. This gets them ready for harvesting to provide natural protection. The process of ripening takes 2 weeks after the vines die.



Wrap tortillas in a plastic wrap or foil and place in a warmer to soften. Preheat the oven to 400°F. In a large container combine the liquid eggs, diced green chilies, black pepper, cayenne pepper, and garlic powder. Whisk until well combined. Pour into sprayed prepared pans. Bake the eggs in a preheated 350°F oven for 20 minutes, stirring after 15 minutes. Or steam the eggs in a steamer for about 25 minutes. Remove the cooked eggs and stir to break into curds. Bake the frozen hash brown patties in the preheated 400°F oven for about 15 minutes, or until they are browned and crisp on the outside. Cut the hash brown patties in half lengthwise.

Burrito assembly: Using a #16 scoop, place 1/4 cup of the egg and chilies mixture on a tortilla. Place 1 Tbs cheddar cheese over the eggs, and half of a hash brown patty on top. Fold in the tortilla sides in the roll the burrito closed.

Per serving: Calories: 280, Fat: 12g, Cholesterol: 174mg, Sodium: 48mg, Carbohydrates: 29g, Fiber: 4g, Protein: 3g

ULTIMATE HASH BROWN BREAKFAST BURRITO

Serves: 50

- 50 8-inch whole grain flour tortillas
- 1 tsp black pepper, ground
- 1/2 tsp cayenne pepper
- 1/4 tsp garlic powder
- 12.5 oz cheddar cheese, shredded
- 5 lbs eggs, liquid
- 11 oz green chilies canned, diced

Wrap tortillas in a plastic wrap or foil and place in a warmer to soften. Preheat the oven to 400°F. In a large container combine the liquid eggs, diced green chilies, black pepper, cayenne pepper, and garlic powder. Whisk until well combined. Pour into sprayed prepared pans. Bake the eggs in a preheated 350°F oven for 20 minutes, stirring after 15 minutes. Or steam the eggs in a steamer for about 25 minutes. Remove the cooked eggs and stir to break into curds. Bake the frozen hash brown patties in the preheated 400°F oven for about 15 minutes, or until they are browned and crisp on the outside. Cut the hash brown patties in half lengthwise.

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BUFFALO CHICKEN TOT BAKE

Serves: 50

- 2 lbs & 8 oz chicken, cooked, diced
- 1/4 cup buffalo-style sauce
- 1 Tbs garlic powder
- 8 oz cheddar cheese, shredded
- 8 oz mozzarella cheese, shredded
- 3 lbs 1/2 oz potato rounds
- 2 Tbs cilantro, chopped
- 1/4 cup sriracha hot chili sauce

Thaw sliced chicken in the refrigerator. Preheat oven to 350°F. Spray full size sheet pan with pan release. Bake potato rounds according to manufacturer's instructions. Place baked potato rounds in 2-inch full size steamer pan and hold until service. In large bowl, combine buffalo sauce, garlic, and diced chicken then mix. Add mozzarella and cheddar cheese to chicken mixture and mix. Spray 2-inch steamable pan with pan release. Add chicken and cheese mixture. Cover with foil. Bake at 350°F until heated through and cheese has melted - hold for service. Using a packed #10 scoop (2.8 oz) place chicken and cheese on plate. Top with 1/2 cup of potato rounds (4 oz spoonfuls/ 9 rounds). Garnish serving with chopped cilantro and lightly drizzle with hot chili sauce. Serve with 1/2 cup celery sticks.

Per serving: Calories: 207, Fat: 9g, Cholesterol: 47mg, Sodium: 83mg, Carbohydrates: 15g, Fiber: 4g, Protein: 5g, Vitamin A: 48 IU, Vitamin C: 1mg, Iron: 1%

SRI RACHA RANCH AND CHICKEN POTATO SALAD

Serves: 50

- 1 quart 1/2 cup mayo
- 1 quart 2 Tbs sriracha hot chili sauce
- 1 cup 2 Tbs ranch dressing
- 1/4 cup white vinegar
- 1 Tbs black pepper, ground
- 1 Tbs garlic powder
- 1/2 tsp onion powder
- 10 oz green onions, sliced
- 15 lbs 4 oz chicken breast fillets
- 5 lbs 1/2oz tomatoes, roma, wedged
- 4 lbs 1/2 oz cucumbers, fresh, sliced
- 15 lbs romaine lettuce
- 100 each whole grain crackers

In a large mixing bowl combine the potatoes and green onions. Combine the plain yogurt, 5 cups of the dressing to the potatoes and green onions. Stir to combine. Portion the remaining sriracha ranch dressing into 1-ounce portions. Bake the chicken fillets as directed. Chill the baked chicken immediately. To assemble the salads place 2 cups (3 oz) romaine salad on top of the lettuce. Add a 2-oz portion of chicken and place on the lettuce next to the potato salad. Add one tomato wedge and 4 slices cucumber to the salad. Serve each salad with a 1 oz portion of sriracha ranch dressing and 2 packages whole grain crackers.

Per serving: Calories: 643, Fat: 33g, Cholesterol: 47mg, Sodium: 80mg, Carbohydrates: 56g, Fiber: 8g, Protein: 28g, Vitamin C: 2%