



# GET THE FACTS ON: *Fresh Potatoes*

Fresh potatoes are a nutrient-dense, versatile ingredient that come in a variety of shapes, sizes, and textures, each suited for a variety of cooking methods. Potatoes are consumed around the world, and the wide range of varieties ensures that there is a potato for every recipe, from hearty stews to mashed potatoes...even desserts!

## BENEFITS & INGREDIENT INSIGHTS

Fresh potatoes provide quality carbohydrates, fiber, potassium, and vitamin C. They are incredibly versatile in the kitchen. Fresh potatoes don't require refrigeration and can be stored for a longer period when kept in a cool, dry place which makes them a great option for people who shop less frequently.

## MEAL IDEAS

### BUILD A BOWL:

Use roasted or mashed potatoes as the base for nutrient-dense bowls. Try a breakfast bowl with roasted red potatoes, spinach, beans, and topped with scrambled eggs.

### BAKED POTATO BAR:

Top a baked russet potato with customizable toppings, like curried chickpeas and broccoli, for a satisfying, plant-forward meal.

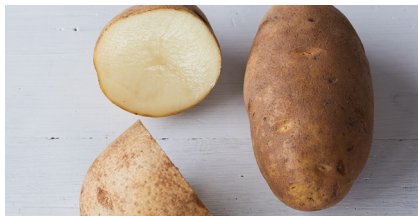
### DAIRY-FREE MASHED:

Boil and mash yellow potatoes with olive oil for a creamy, dairy-free side dish.

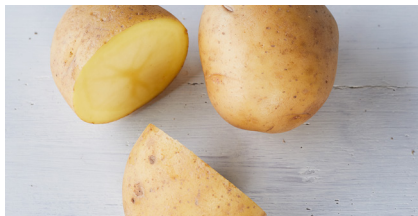
**PRO TIP:** There's no need to throw out potatoes with bruises, sprouts, or green patches! Cut away these parts and use the remaining potato.



## NAVIGATING THE GROCERY AISLE



**RUSSET:** Starchy with a light, fluffy texture—perfect for baked potatoes, mashed potatoes, baked fries, or potato skins filled with lean veggies and protein.



**YELLOW:** Buttery and creamy texture—an all-purpose potato ideal for creamy mashed potatoes, roasting, or savory casseroles.



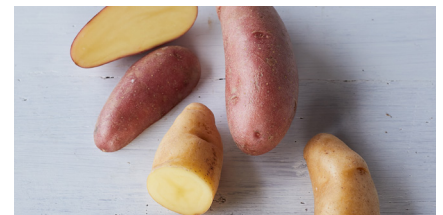
**PURPLE:** Earthy flavor and vibrant color—ideal for roasting, soups, or stews. Preserve their hue by microwaving, or roast with olive oil and herbs for a colorful side dish.



**RED:** Waxy texture that holds its shape—ideal for boiling, roasting, or adding to salads. Roast with olive oil and herbs, boil and chill for a salad with vinaigrette, or add to hearty soups.



**WHITE:** Thin-skinned with a nutty flavor—great for grilling, potato salads, or classic dishes. Use diced in Potatoes O'Brien or shredded into hash browns.



**FINGERLING:** Small, elongated, and nutty—perfect for roasting, grilling, or pan-frying. Grill with olive oil and garlic, roast and toss into salads, or pan-fry as a side.



### PETITE POTATOES:

Quick-cooking and versatile—great for roasting, boiling, or salads. Roast whole with rosemary and olive oil, or boil and toss with a mustard vinaigrette.

**RECIPE INSPIRATION**  
More recipes at [PotatoGoodness.com](http://PotatoGoodness.com)



## Garlic Rosemary Roasted Potatoes

**MAKES: 6 SERVINGS**

**INGREDIENTS**

- |  |                               |
|--|-------------------------------|
| 2 lbs russet potatoes, peeled and cut into 3/4-inch chunks | 1 tbsp chopped fresh rosemary |
| 1 tbsp extra-virgin olive oil                              | 1/2 tsp salt                  |
| 2 cloves garlic, minced                                    | 1/4 tsp freshly ground pepper |

**PREPARATION**

1. Preheat oven to 450°F and place a rack in the upper third of the oven.
2. Toss potatoes in a large roasting pan with oil, garlic, rosemary, salt, and pepper.
3. Roast potatoes, turning occasionally with a metal spatula, until golden brown and tender, 30 to 35 minutes.

143 calories	<1g sugar
2.5g fat	0g added sugar
0g sat fat	3g protein
0mg cholesterol	13.5mg vitamin C
202mg sodium	20mg calcium
28g carbohydrates	1.3mg iron
2g fiber	636mg potassium



## Smoky Red Potato Wedges with Vegan White Bean Queso

**MAKES: 8 SERVINGS**

**INGREDIENTS**

- |                                       |  |
|---------------------------------------|--|
| <b>Smoky Red Potato Wedges:</b>       | <b>Vegan White Bean Queso:</b>                                 |
| 2 lb red potatoes, sliced into wedges | 2 (15.5 oz) cans no salt added white beans, drained and rinsed |
| 2 tbsp vegetable oil                  | 4 tbsp nutritional yeast                                       |
| 2 tbsp liquid smoke                   | 1/4 tsp salt   |
| 1/2 tsp salt                          | 1/4 tsp black pepper   |
| 1/4 tsp black pepper                  | 1/4 cup canned diced green chiles, drained                     |
|                                       | 1/4 cup canned or jarred diced pimientos, drained              |

**PREPARATION**

1. Preheat oven to 350°F or air fryer to 400°F.
2. Place potato wedges in a large bowl. Add vegetable oil, liquid smoke, salt, and pepper; toss until coated.
3. Oven method: Spread wedges on a parchment-lined sheet pan and roast for 25 minutes, flipping halfway, until golden and crisp. Air fryer method: Place wedges in basket or tray; cook for 10 minutes, flip, and cook for another 5-7 minutes until golden and crisp. Remove potato wedges and place them on a paper towel-lined tray or plate.
4. Blend or food process drained white beans, nutritional yeast, salt, and pepper until smooth. Fold in diced green chiles and pimientos.
5. Serve Smoky Red Potato Wedges with Vegan White Bean Queso, garnished as desired.

210 calories	2g sugar
3.5g fat	0g added sugar
0g sat fat	9g protein
0mg cholesterol	16mg vitamin C
250mg sodium	70mg calcium
36g carbohydrates	3.3mg iron
7g fiber	860mg potassium

