

The logo for Potatoes USA, featuring the word "Potatoes" in a serif font, a stylized potato icon with three leaves, and the word "USA" in a smaller sans-serif font below it.

Potatoes  
USA

The title "TEACHING KITCHEN PLAYBOOK" is centered on the page in a large, bold, white, sans-serif font. The background is a textured blue surface with various potato slices and whole potatoes scattered around.

# TEACHING KITCHEN PLAYBOOK

The text "TEAM POTATO" is located at the bottom of the page in a white, outlined, sans-serif font. The background is a textured blue surface with various potato slices and whole potatoes scattered around.

TEAM  
POTATO



**Potatoes in culinary medicine serve as an affordable, versatile, nutrient-rich food that, when prepared mindfully, supports heart health, blood sugar control, gut health, and cultural accessibility to healthy eating.**



# NUTRIENT DENSITY & ACCESSIBILITY

**Potassium powerhouse:** A medium 5.3 oz skin-on potato contains 620 mg of potassium, which is 15% of the daily value. Potassium supports heart health and blood pressure regulation.

**Vitamin C & B6:** A medium 5.3 oz skin-on potato is an excellent source of vitamin C (30% DV) which contribute to immune function and metabolism.

**Fiber:** When eaten with the skin, that 5.3 oz potato provides 2 grams of dietary fiber that aids in satiety, blood sugar management, and gut health.

## **Glycemic Control (Preparation Matters)**

The way potatoes are cooked can influence their impact on blood sugar. Baking or roasting and then cooling them increases resistant starch, which behaves more like fiber, improving satiety and glycemic response.

Pairing potatoes with protein, healthy fats, and fiber-rich vegetables can reduce glucose spikes, making them a useful teaching tool in culinary medicine.

## **Versatility in Health-Promoting Diets**

Potatoes are a “blank canvas” that can be flavored with herbs, spices, and heart-healthy oils, aligning with Mediterranean and plant-forward diets.

## **Accessibility & Affordability**

As an inexpensive staple, potatoes help make healthy eating more accessible. This is especially relevant in culinary medicine, which emphasizes practical, real-world solutions.

## **Cultural & Comfort Food Connections**

Potatoes are woven into cuisines worldwide, from Indian curries to Latin American stews to Eastern European dumplings. This cultural familiarity makes them useful for culinary medicine practitioners trying to help patients adopt sustainable dietary changes.

In addition, the Spud Lab—Potatoes USA’s state-of-the-art test kitchen and research hub in Denver—is an approved culinary medicine teaching kitchen. The team includes advanced expertise in culinary nutrition led by Chef RJ Harvey, RDN, CEC with support from Chef Aurora Hollenbeck, CCMS, who bring both clinical knowledge and practical application to the integration of potatoes in dietary approaches.



# NUTRITION FACTS

**1 potato** (148g/5.3oz)

Amount per serving

**Calories 110**

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 3g**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.1mg 6%

Potassium 620mg 15%

Vitamin C 27mg 30%

Vitamin B6 0.2mg 10%

\*The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Medium skin-on potato

2 grams of fiber

Good source of potassium!

3 grams of plant protein

Excellent source of Vitamin C!

Good source of vitamin B6!



# EMBRACING CULTURAL DIVERSITY IN CULINARY MEDICINE WITH POTATOES

Potatoes are a versatile, nutrient-rich vegetable that play a significant role in many cultural eating patterns. By incorporating potatoes into culinary medicine, medical practitioners can enhance patient nutrition care, increase vegetable intake, and respect cultural food traditions.

## POTATOES IN CULTURAL CUISINES

Potatoes are a staple in many cultures and are regularly eaten in Asian American, African American, Latin American, and Mediterranean-heritage diets<sup>1</sup>.

**53%**  
OF AMERICANS

report that potatoes are the most foundational vegetable in their culture when compared to other vegetables.<sup>2</sup>

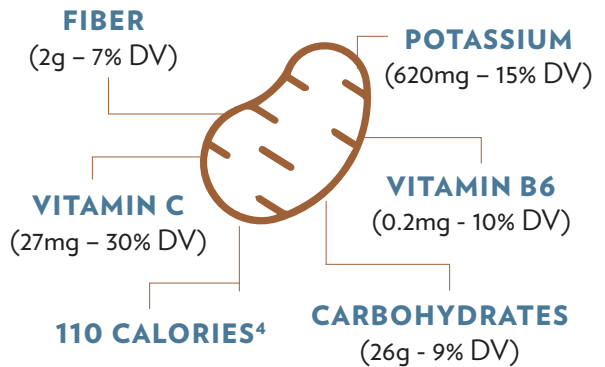
This is consistent across white (54%), Hispanic (53%), Black (52%), and Native (50%) Americans<sup>2</sup>.

Globally, potatoes are the **THIRD MOST IMPORTANT FOOD CROP** after rice and wheat<sup>3</sup>.



**OVER A BILLION PEOPLE WORLDWIDE CONSUME POTATOES**, with global production exceeding 300 million metric tons<sup>3</sup>.

## NUTRITIONAL BENEFITS OF POTATOES\*



**POTATOES CAN HELP INCREASE VEGETABLE CONSUMPTION**; in fact, potatoes are often enjoyed with other vegetables. Research shows that other vegetables rank as the second most popular option to pair with potatoes (22%) after poultry (23%).<sup>6</sup>

*\*in a 5.3 oz, skin-on potato*

## ACCESSIBILITY AND VERSATILITY

Potatoes consistently rank as **AMERICA'S FAVORITE VEGETABLE**.<sup>7</sup>

Potatoes are gluten-free, allergy-friendly, and have versatile menu applications.

**POTATOES COST LESS THAN ALL OTHER STARCHY VEGETABLES.\***

*\*per MyPlate cup-equivalent.<sup>8</sup>*

POTATOES	<b>\$0.15</b>
CORN	<b>\$0.45</b>
PEAS	<b>\$0.44</b>

1 Oldways-Cultural Food Traditions. Accessed May 25, 2024. [https://oldwayspt.org/resources/search?keys=foods+and+flavors&items\\_per\\_page=12](https://oldwayspt.org/resources/search?keys=foods+and+flavors&items_per_page=12)

2 Meeting Street Omnibus Survey. Meeting Street Insights completed an online nationwide survey among 1,000 adults (aged 18+) on December 15-18, 2023. Respondents were sourced from Dynata's online general population consumer panel. Standard demographic quotas were set to mirror Census data for region, gender, age, and race; weights were also applied on education level to bring them into line with Census figures. The credibility interval for a sample of N=1,000 is +/-3.53%.

3 Potato facts and figures. International Potato Center. <https://cipotato.org/potato/potato-facts-and-figures/>. Accessed May 29, 2024.

4 O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Food sources of energy and nutrients among adults in the US: NHANES 2003-2006. *Nutrients*. 2012;4(12):2097-2120. doi:10.3390/nu4122097

5 Drewnowski A. The Nutrient Rich Foods Index helps to identify healthy, affordable foods. *AJCN*. 2010;11(4): 1095S-1101S. doi.org/10.3945/ajcn.2010.28450D

6 Keast DR, Fulgoni VL 3rd, Nicklas TA, O'Neil CE. Food sources of energy and nutrients among children in the United States: National Health and Nutrition Examination Survey 2003-2006. *Nutrients*. 2013;5(1):283-301. doi:10.3390/nu5010283

7 Consumer Attitude and Usage Study. Potatoes USA. Published 2023. Accessed December 28, 2023. <https://potatoesusa.com/wp-content/uploads/2023/05/Consumer-A-U-Handout-2023.pdf>

8 Walmart. Accessed December 28, 2023. [https://www.walmart.com/cp/food/976759?pvod=GlobalNav\\_rWeb\\_Grocery\\_Grocery\\_ShopAll](https://www.walmart.com/cp/food/976759?pvod=GlobalNav_rWeb_Grocery_Grocery_ShopAll)

# MEETING PATIENTS WHERE THEY ARE

**Vegetables are an essential part of a healthy eating pattern, but research has shown that approximately 9 in 10 Americans do not eat enough fruits and vegetables<sup>1</sup>.**

Potatoes are America's favorite vegetable and can be a "springboard" vegetable that, when paired with other less-consumed vegetables, can help increase overall vegetable consumption<sup>2</sup>.



**9 IN 10 AMERICANS  
DON'T EAT ENOUGH FRUITS AND VEGETABLES**

**Potatoes are versatile and nutrient dense and are available in many formats that are accessible and convenient for all.**

Understanding how fresh, frozen, dehydrated, and canned potatoes can best serve patients is crucial to improving overall diet quality in practical ways. No matter where your patients purchase potatoes - the freezer, the shelf, or the produce section - they deliver the same nutrition!<sup>3</sup>

## POTATOES ARE NUTRIENT DENSE

NUTRIENTS IN A FRESH, MEDIUM SKIN-ON, 5.3 OZ POTATO<sup>4</sup>:

**26 G  
CARBOHYDRATES  
(9%)**

a key source of energy

**620 MG POTASSIUM  
(15%)**

essential for  
muscle function<sup>6</sup>

**2 G FIBER  
(7%)**

regulates blood  
glucose<sup>7</sup>

**27 MG VITAMIN C  
(30%)**

supports iron  
absorption<sup>5</sup>

**1.1 MG IRON  
(6%)**

helps oxygenate  
muscles

**.2 MG VITAMIN B6  
(10%)**

needed for carbohydrate  
and protein metabolism

## EMBRACING THE MANY FORMATS OF POTATOES

provides more opportunities to increase vegetable consumption for diverse populations.



**FRESH  
POTATOES**



**FROZEN  
POTATOES**



**DEHYDRATED  
POTATOES**

# FAQS ABOUT POTATOES

Here are some of the more common questions you may be asked or may have yourself.

## Q: ARE POTATOES A VEGETABLE?

### A: YES.

Potatoes are categorized by nutrition authorities, including the U.S. Department of Agriculture, as a “starchy vegetable.” Many foods fall alongside potatoes into the “starchy vegetable” category, including peas, butternut squash, sweet potatoes, corn, and chickpeas. Botanically, potatoes are part of the Solanaceae (nightshade) family alongside tomatoes, bell peppers, chili peppers and eggplant.

We know that 90% of adults in the U.S. don't eat enough vegetables<sup>1</sup>. Potatoes are a versatile, affordable, and nutrient-dense vegetable choice across socioeconomic groups and cultures, and adding them in any form provides essential, under-consumed nutrients, including potassium and fiber.

## Q: ARE POTATOES A SUSTAINABLE FOOD?

### A: YES.

According to the U.N.'s Food and Agriculture Organization, potatoes produce more nutritious food quickly, on less land, and in harsher climates than any other major crop. Potatoes play an important role in food security, particularly for developing countries. Potatoes, rice, wheat, and corn supply half of the world's food energy needs. Potatoes are good for a healthy, sustainable earth. Potatoes produce more food energy per cubic meter of water used than any other major crop<sup>2</sup> and use less land per kilogram of production than most other foods.

# FAQS ABOUT POTATOES

## Q: ARE POTATOES HIGH IN CARBS?

### A: YES.

A medium, 5.3-ounce potato with the skin contains 26 grams of carbohydrates.<sup>5</sup> The predominant carbohydrate in potatoes is starch, a complex carbohydrate<sup>3</sup>. Carbohydrates are the primary fuel for your brain and a key source of energy for muscles, and they are important for optimal physical and mental performance.<sup>4</sup>

Far from “just carbs,” potatoes contain several key nutrients<sup>5</sup>, including 3 grams of protein and a variety of vitamins and minerals. Potatoes are an excellent source of vitamin C (30% of the recommended daily value), a good source of potassium (15% of the recommended daily value), and a good source of vitamin B6 (10% of the recommended daily value). They are also fat, cholesterol, and sodium-free and contribute 7% of the recommended daily value for fiber.

## Q: ARE POTATO FLAKES REAL POTATOES?

### A: YES.

Instant mashed potatoes (or potato flakes) are made from real potatoes.<sup>6</sup> They are typically made from russet, red, and yellow potatoes by removing the water from the potato to create premium dehydrated potato products. When you add water during the cooking process, they retain the texture and flavor of fresh natural potatoes.

## Q: ARE ALL THE NUTRIENTS IN THE SKIN OF THE POTATO?

### A: NO.

The notion that all the nutrients are in the skin is a myth. While the skin contains approximately half of the total dietary fiber, most (> 50%) of the nutrients are found within the potato flesh.<sup>7</sup>

## Q: ARE THERE DIFFERENCES IN NUTRIENT CONTENT BETWEEN FRESH, FROZEN, AND INSTANT (DEHYDRATED) POTATOES?

### A: VERY LITTLE.

Processed potatoes deliver the same nutrients as fresh potatoes (such as potassium, vitamin C, and fiber), but the amounts will vary depending on the form.<sup>8</sup>

# SMOKY RED POTATO WEDGES WITH WHITE BEAN QUESO



**PREP TIME: 30 MINUTES**

**COOK TIME: 25 MINUTES**

**SERVINGS: 8**

## SMOKY RED POTATO WEDGES

2 lbs red potatoes, sliced into wedges

2 tbsp vegetable oil

2 tbsp liquid smoke

1/2 tsp salt

1/4 tsp black pepper

## VEGAN WHITE BEAN QUESO

2 (15.5 oz) cans white beans, drained and rinsed

4 tbsp nutritional yeast

1/4 tsp salt

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 the oven or air fryer to 350°F.
2. Place potato wedges in a large bowl and add vegetable oil, liquid smoke, salt, and black pepper and toss until potato wedges are fully coated.
3. Place seasoned potato wedges on a parchment paper-lined sheet tray and spread evenly, place potatoes in preheated oven and roast for 25 minutes or until golden brown in color and crisp. Remove potatoes from the oven and let cool slightly.
4. In a blender or food processor, add drained white beans, nutritional yeast, salt, and pepper and blend until smooth or desired consistency. Pour the white bean mixture into a bowl and add diced green chili and diced pimientos, and fold until fully incorporated.
5. To serve, place roasted red potato wedges on a serving dish or platter and ladle white bean queso into a bowl and garnish as desired.

### NUTRITION

210 calories

3.5g fat

0g saturated fat

0mg cholesterol

250mg sodium

36g carbohydrates

7g fiber

2g sugar

0g added sugar

9g protein

15mg vitamin C

860mg potassium

# QUICK CHILE LIME POTATO TACOS



**PREP TIME: 10 MINUTES**

**COOK TIME: 20 MINUTES**

**SERVINGS: 4**

## INGREDIENTS

1/2 lb yellow or red potatoes, cut into bite-size cubes

Cooking spray

1/2 cup chopped onion

1/2 lb boneless, skinless chicken breasts, diced

1/2 cup red chili enchilada sauce

1/4 cup finely chopped poblano, Anaheim, or bell pepper

1 tsp Mexican seasoning blend

1/2 cup shredded reduced-fat Monterey Jack cheese

8 small corn tortillas, warmed or crunchy taco shells

8 lime wedges

## OPTIONAL TOPPINGS

Shredded cabbage or romaine lettuce

Diced tomato

Diced avocado

Thinly sliced radishes

Fresh cilantro leaves

Salsa

## PREPARATION

1. Place potatoes in a microwave-safe bowl and cover with plastic wrap. Microwave on high for 5 to 7 minutes.
2. Spray a large skillet liberally with cooking spray. Add potatoes and onion; cook over medium-high heat for 5 minutes, stirring and coating with cooking spray occasionally. Stir in chicken, pepper, and seasoning and cook for 5 minutes more. Add red chili enchilada sauce and simmer for 5 minutes.
3. Place equal amounts of cheese on each tortilla and heat in a skillet until cheese is melted. Add potato mixture and any other desired toppings. Serve with lime wedge.

## NUTRITION

220 calories

5g fat

40mg cholesterol

200mg sodium

25g carbohydrates

2g fiber

19g protein

23mg vitamin C

415mg potassium

# MARINATED GREEK CHICKEN BAKED POTATO



**PREP TIME: 5 MINUTES**

**COOK TIME: 55 MINUTES**

**SERVINGS: 4**

## INGREDIENTS

1 1/2 lbs boneless skinless chicken thighs

1/2 cup Greek dressing (or enough to cover chicken)

4 large russet potatoes

## TZATZIKI-INSPIRED SAUCE

1 cup Greek yogurt, plain

1 tsp dried dill

Zest of 1 lemon + 1 tbsp juice

1/2 clove garlic, grated

## TOPPINGS

1/2 English cucumber, diced

3/4 cup cherry tomatoes, halved

1/4 cup thinly sliced red onion

1/4 cup crumbled feta

## PREPARATION

1. Marinate your chicken thighs in the Greek dressing for 4-6 hours or overnight in the refrigerator.

2. Preheat oven to 400°F.

3. Wash and dry your russet potatoes. Lightly cover them in oil and salt and pierce a few holes in the flesh. Place in the oven and bake for 45-55 minutes or until tender. *Note: This can be done beforehand; reheat the potatoes when ready to eat.*

4. While the potatoes are cooking, air-fry your marinated chicken. Lightly spray your air fryer basket and place the chicken on top. Air fry at 375°F for 15-17 minutes or until the internal temperature reaches 165°F.

5. While the potatoes and chicken are cooking, prepare the sauce. In a small bowl, mix the Greek yogurt, dried dill, lemon zest, lemon juice, and grated garlic.

6. To build your stuffed spuds, make a cut down the center of the potatoes lengthwise, being careful not to cut them all the way through. Fluff the interior with a fork to create a nice bed for your toppings. Scoop 1-2 tablespoons of sauce onto the potato. Add your chicken and layer your vegetables on top. Top with the feta.

## NUTRITION

420 calories

10g fat

175mg cholesterol

270mg sodium

37g carbohydrates

4g fiber

5g sugar

46g protein

21mg vitamin C

970mg potassium

# POTATO HASH EGG CUPS



**PREP TIME: 7 MINUTES**

**COOK TIME: 25 MINUTES**

**SERVINGS: 6**

## INGREDIENTS

8 large eggs, beaten  
2 tbsp milk or water (optional)  
1/2 tsp salt  
1/2 tsp pepper  
1/2 tsp garlic powder  
1/4 medium yellow onion, diced  
(~1/4 cup)  
1 whole red bell pepper, diced  
(~1 cup)  
1 cup chopped spinach  
1 1/2 cup refrigerated or frozen  
potato hash shreds  
1/4 cup shredded cheddar cheese,  
1 tsp per muffin cup  
Cooking spray

## PREPARATION

1. Preheat oven to 350°F.
2. Spray a muffin tin generously with cooking oil. Make sure the sides are well covered to decrease the chance of them sticking.
3. In a medium-sized mixing bowl, whisk the eggs with the milk until smooth and uniform. Season with salt, pepper, and garlic powder.
4. Chop the onions, bell pepper, and spinach. Add the potato shreds and fold them into the whisked egg mixture.
5. Portion the vegetable-egg mixture into the 12 cups, with approximately 2 oz in each well, filling the wells 3/4 of the way. Top each well with 1 teaspoon of shredded cheddar cheese.
6. Bake for 20-25 minutes or until a knife inserted in the center comes out clean.
7. Serve with your favorite hot sauce.

## NUTRITION

140 calories	1g fiber
7g fat	2g sugar
240mg cholesterol	10g protein
200mg sodium	35mg vitamin C
6g carbohydrates	131mg potassium

# COTTAGE CHEESE HASH BROWNS



**PREP TIME: 5 MINUTES**

**COOK TIME: 15 MINUTES**

**SERVINGS: 2**

## INGREDIENTS

- 2 frozen hash brown patties
- 1/2 cup low-fat cottage cheese
- 1 tsp lemon zest
- 1/4 tsp pepper
- 1/4 cup arugula or microgreens
- 1 tsp lemon juice
- 1 clove garlic, halved widthwise
- 1 tsp extra virgin olive oil
- 1/2 tsp crushed red chili flakes
- 1 tsp grated Parmesan cheese (optional)

## PREPARATION

1. Preheat the oven or air fryer to 450°F. Place the hash brown patties in a single layer on a nonstick baking tray or a foil-lined tray lightly sprayed with cooking oil.
2. Bake for 7 minutes. Flip the patties and continue baking for an additional 7–8 minutes, or until the patties are crispy and golden brown.
3. While the hash brown patties are baking, strain the excess liquid from the cottage cheese using a small strainer. In a bowl, combine the cottage cheese, lemon zest, and pepper.
4. In a separate bowl, toss the arugula or microgreens with the lemon juice.
5. Once the hash brown patties are done, rub the cut sides of the raw garlic clove over the surface of each patty to impart flavor. Use sparingly, as raw garlic can be strong.
6. Top each hash brown patty with the cottage cheese mixture and dressed greens.
7. Drizzle with olive oil and sprinkle with crushed red chili flakes. If desired, grate Parmesan cheese on top. Serve immediately.

## NUTRITION

160 calories	2g sugar
10g fat	0g added sugar
1.5g saturated fat	8g protein
<5mg cholesterol	2mg vitamin C
530mg sodium	40mg calcium
12g carbohydrates	0.5g iron
<1g fiber	350mg potassium

# CINNAMON SUGAR HASH BROWN TOAST WITH FRESH FRUIT AND TOASTED NUT BUTTER



**PREP TIME: 5 MINUTES**

**COOK TIME: 15 MINUTES**

**SERVINGS: 6**

## INGREDIENTS

- 6 frozen hash brown patties
- 1/4 cup granulated sugar
- 2 tbsp ground cinnamon
- 10 tbsp sunflower, almond, or peanut butter
- 1/2 cup blueberries
- 1 green apple, sliced thin
- 1 cup strawberries, sliced thin

## PREPARATION

1. Preheat the oven to 450°F.
2. Arrange the hash brown patties on a baking sheet and bake them until crispy, about 15-20 minutes.
3. In a bowl combine the sugar and cinnamon. Mix well. Sprinkle both sides of the hash brown patties with some of the cinnamon sugar.
4. Arrange the hash brown toasts on a serving plate and spread each one with 1-1/2 tablespoons of your choice of toasted nut butter.
5. Top each one with assorted fresh fruit.

## NUTRITION

310 calories

18g fat

260mg sodium

33g carbohydrates

5g fiber

13g sugar

6g protein

13mg vitamin C

344mg potassium

# MASHED POTATO DUMPLINGS WITH GINGER SCALLION SAUCE



**PREP TIME: 25 MINUTES**

**COOK TIME: 12 MINUTES**

**SERVINGS: 8**

## MASHED POTATOES

- 3/4 cup hot water
- 1 tbsp unsalted butter
- 1/4 tsp sea salt
- 1/4 cup cold milk
- 2/3 cup potato flakes (instant mashed potatoes)

## MASHED POTATO FILLING

- 1 cup prepared mashed potatoes (see above)
- 2 tbsp vegetable oil
- 1/2 tsp crushed red chili flakes
- 2 tbsp grated garlic cloves
- 2 tbsp peeled and grated ginger
- 1/2 cup green onions, finely sliced
- 2 tbsp light soy sauce
- 1 tbsp sesame oil

## DUMPLINGS

- 24 wonton wrappers, thawed
- 1/4 cup water
- 2 tbsp all-purpose flour

## GINGER SCALLION SAUCE

- 1/2 cup green onions, thinly sliced
- 1/4 cup grated ginger
- 1 tbsp grated garlic
- 1/4 cup vegetable oil
- 1 tbsp sesame oil
- 1 tbsp kosher salt
- 1 tsp ground white pepper

## PREPARATION

1. To make the mashed potatoes, combine the hot water, butter, salt, and cold milk together in a bowl. Stir in the potato flakes and allow them to sit for about a minute. Fluff the potatoes with a fork and allow them to cool completely. This can be done the day before.
2. To make the filling, make sure the potatoes are at room temperature.
3. In a small pan, heat the vegetable oil over medium heat and add the chili flakes. Gently heat the chili flakes in oil for 15-30 seconds. Add the garlic and ginger, then cook for an additional 1-2 minutes or until fragrant. Remove from the heat and stir in the green onions, soy sauce, and sesame oil. Allow this mixture to cool for 3-5 minutes and then stir into the prepared room temperature mashed potatoes.
4. Make sure the wonton wrappers are thawed. In a small bowl, combine the water with the flour to make a slurry.
5. Take about a tablespoon of filling and place it in the center of each wonton. Make sure to keep the other wonton wrappers loosely covered with the damp towel to prevent them from drying out.
6. Lightly brush two edges of the wonton wrapper with the slurry and fold it into a triangle to seal, making sure to squeeze any air out of the dumpling. Set aside and repeat with the other dumplings. This can be done ahead of time, and these can even be frozen on a baking sheet until completely frozen then transferred to a resealable plastic bag and held in the freezer until ready to use.
7. To make the ginger scallion sauce, heat the vegetable oil to 350°F. Once at temp, add the ginger and cook for 5-10 seconds, remove from heat. Stir in the garlic, green onions, salt, and sesame oil to the vegetable oil.
8. To cook the wontons, bring a pot of water to a boil and cook them until they float.
9. Drain the dumplings well and drizzle with the Ginger Scallion sauce. Serve immediately.

## NUTRITION

240 calories	20g carbohydrates	5mg vitamin C
16g fat	1g fiber	135mg potassium
5mg cholesterol	1g sugar	
478mg sodium	3g protein	



## POTATOES USA

As representatives of U.S. potato growers and importers, Potatoes USA's mission is to strengthen the demand for potatoes through marketing and research. By launching impactful marketing campaigns; coordinating regional, national, and international market and production research; and establishing new trade markets, Potatoes USA promotes the benefits of potatoes to audiences across the globe, including consumers, foodservice operators, retailers, and health professionals. For more information on America's Favorite Vegetable, please visit [PotatoGoodness.com](http://PotatoGoodness.com) and [PotatoesUSA.com](http://PotatoesUSA.com).

1 Lee SH, Moore LV, Park S, Harris DM, Blanck HM. Adults meeting fruit and vegetable intake recommendations - United States, 2019. *MMWR Morb Mortal Wkly Rep.* 2022;71(1):1-9. doi:10.15585/mmwr.mm7101a1

2 "Potato and Water Resources." Food and Agriculture Organization of the United Nations. <https://www.sciencedirect.com/science/article/abs/pii/S0889157517302971>

3 Woolfe JA. *The Potato in the Human Diet*. New York: Cambridge University Press. 1987, pp10.

4 Nutrition and Athletic Performance. Position of the Academy for Nutrition and Dietetics, American College of Sports Medicine and the Dieticians of Canada. *Med Sci Sports Exerc.* 2015; 48:543-568.

5 U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov).

6 <https://potatogoodness.com/instant-potatoes/>

7 <https://potatogoodness.com/wp-content/uploads/FINAL-Fact-Check-potato-nutrition-skin-verses-flesh-1.pdf>

8 <https://potatogoodness.com/wp-content/uploads/Potatoes-USA-Fact-Check-Nutrient-Content-in-Potato-Forms.pdf>

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PotatoGoodness.com