



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?

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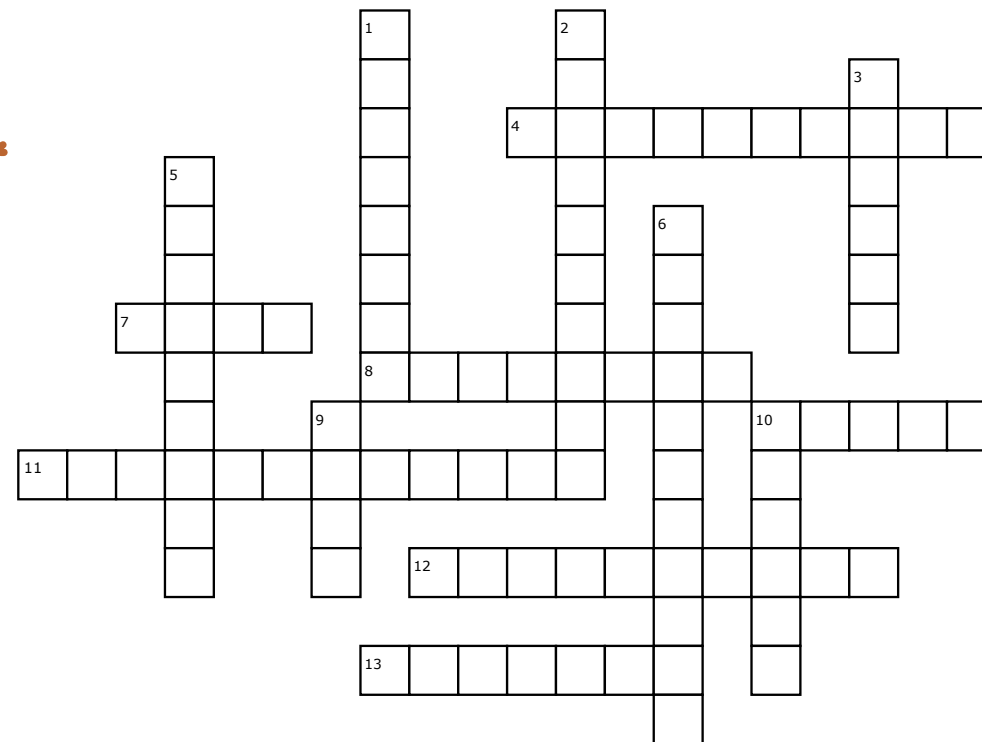
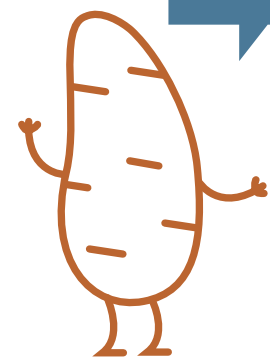
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## Test Your Tater IQ!



Think you're a spud superstar?

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



### Down

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

### Across

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

Down: 1. Vitamin C, 2. Gluten Free, 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

perform your best  
with the

# POWERFUL POTATO

A 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 carbohydrates, potassium, and energy you need to perform at your best. Carbohydrates are 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.<sup>3</sup>



### PROTEIN

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

### VITAMIN C

30% of your daily value.<sup>2</sup>

### POTASSIUM

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



### FIBER

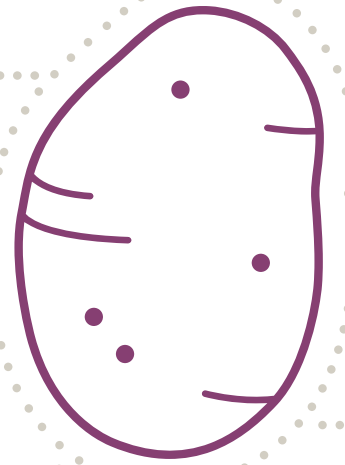
One medium potato with skin contributes 2 grams of fiber, or 7% of the daily value per serving.<sup>1</sup>

### CARBOHYDRATE

Potatoes are a nutrient-dense complex carbohydrate.

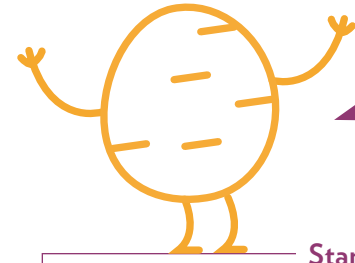
**NO FAT**  
**NO SODIUM**  
**NO CHOLESTEROL**

**GF GLUTEN FREE**

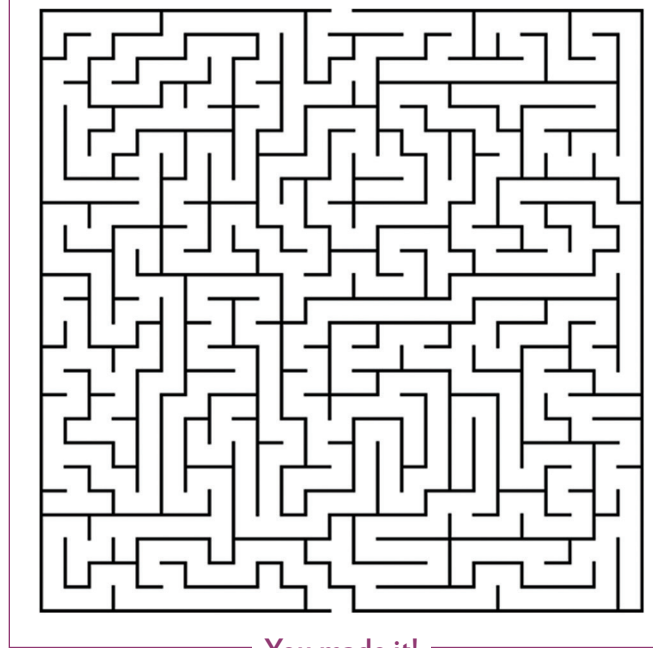


## Take a Tater Tour!

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



Start here!



You made it!



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 and provides natural protection. The process of ripening takes 2 weeks after the vines die.



There are seven main potato types, and each has a unique texture and flavor. Russets are perfect for baking, reds are tasty in stews, yellows get caramelized on the grill, purples/blues add a pop of color to salads, whites make an ideal velvety mash, fingerlings are

easy to roast, and petites can cook up quickly in a pinch! No matter the activity ahead, there's a delicious potato type to fuel your body and brain. Try them all and pick your favorite.

### ULTIMATE HASH BROWN BREAKFAST BURRITO

- 4 tortillas
- 2 hash brown patties
- 6 eggs
- 2 tablespoons canned green chilies

Wrap tortillas in 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 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 3-5 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 tbsp cheddar cheese over the eggs, and half of a hash brown patty on top. Fold in the tortilla sides; in then roll the burrito closed.

Per serving: Calories: 280. Fat: 15g. Cholesterol: 180mg. Sodium: 440mg. Carbohydrates: 29g. Fiber: 4g. Protein: 11g

### COWBOY MASHED POTATOES

- 1 lb red potatoes
- 1 lb yellow potatoes
- 1/2 jalapeno pepper, sliced
- 2 carrots, peeled and diced
- 1 clove of garlic, diced
- 1/2 cup corn, canned or frozen
- 1 tablespoon butter
- 1/2 cup cheddar cheese, shredded
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Place red potatoes, yellow potatoes, jalapeno pepper, carrots, and garlic cloves in a large pot. Cover with water and bring to a boil over high heat. Cook 15 to 20 minutes or until potatoes are tender.

Drain water from pot. Stir in corn and butter. Mash the mixture with a potato masher until butter is melted and potatoes have reached desired consistency.

Mix in cheese, salt, and pepper. Serve hot.

Per serving: Calories: 150. Fat: 5g. Cholesterol: 15mg. Sodium: 100mg. Potassium: 554mg. Fiber: 2g. Protein: 4g

### SRIRACHA RANCH AND CHICKEN POTATO SALAD

- 2 lb red potatoes, diced and baked
- 2 oz green onion, chopped
- 2 lb chicken breasts, boneless skinless
- 1 lb roma tomatoes
- 1 lb cucumber, sliced
- 2 heads of romaine lettuce
- 16 whole grain crackers

In a large mixing bowl combine the potatoes and green onions. Combine the plain yogurt, mayo, sriracha, white vinegar, black pepper, garlic powder, and onion powder, and mix well. Add 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 filets as directed. Chill the baked chicken immediately. To assemble the salads place 2 cups (3 oz) romaine lettuce into each container. Using a #8 scoop, portion 1/2 cup of the potato 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: 460. Fat: 20g. Cholesterol: 100mg. Sodium: 600mg. Carbohydrates: 36g. Fiber: 5g. Protein: 35g. Potassium: 1,371mg

### BUFFALO CHICKEN TOT BAKE

- 1/2 lb cooked chicken breasts, diced and frozen
- 3 tablespoons buffalo sauce
- 1/2 teaspoon garlic powder
- 1/8 c cheddar cheese, shredded
- 1/8 c mozzarella cheese, shredded
- 1 lb frozen tater drums
- 1 teaspoon cilantro
- 2 teaspoons sriracha sauce

Thaw diced 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 steampable pan and hold until service. In a large bowl, combine buffalo sauce, garlic, and diced chicken, then mix. Add mozzarella and cheddar cheese to chicken mixture and mix. Spray 2-inch steampable 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 spoonful/9 rounds). Garnish serving with chopped cilantro and lightly drizzle with hot chili sauce. Serve with 1/2 cup celery sticks.

Per serving: Calories: 200. Fat: 11g. Cholesterol: 20mg. Sodium: 480mg. Carbohydrates: 17g. Protein: 6g. Potassium: 165mg

1. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber. J Acad Nutr Diet. 2010;14(1):1-10.  
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](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.

