



Local

PICK OF THE MONTH

March 2016

Super Spuds

Recipe

Oven wedge fries

Ingredients

Nonstick cooking spray
 2 large russet potatoes, cut into wedges
 2 cloves garlic, finely chopped
 1 tsp Italian herb seasoning mix
 1 tsp chili powder and/or paprika

Directions

Preheat oven to 400 degrees Fahrenheit. Spray a cookie sheet with nonstick cooking spray. Place potato wedges on cookie sheet.

In a small bowl, combine garlic with seasonings and sprinkle half the mixture over the top of the potato wedges.

Bake wedges for seven minutes or until they start to brown. Flip wedges over. Sprinkle remaining mixture and bake for another seven minutes or until the wedges are browned and cooked through.

Serve while hot.

Yields 4 servings.

Nutrition information per serving:

Calories: 146; Carbohydrate: 33g; Fat: 1g; Sodium: 22mg; Protein: 4g; Fiber: 4g

Recipe from Fruits and Veggies More Matters and California Department of Health's Network for a Healthy California-Champions for Change Campaign

What's so great about potatoes?

- They're low-calorie and fat-free
- They're a good source of fiber
- They have more potassium than a banana
- They come in a variety of colors and sizes!



What's the best way to eat potatoes?

- Roasted
- Baked
- Scalloped or mashed
- Make a healthy potato bar!

Selection and preparation

<p>Selection</p> <p>Choose potatoes that are heavy and firm without green or wrinkled skin.</p>	<p>Storage</p> <p>Potatoes should be stored in a dark area with temperatures ranging from 45-50 degrees.</p>
<p>Preparation</p> <p>Do not wash potatoes until ready to cook. Scrub with a vegetable brush to remove dirt.</p>	<p>Cooking</p> <p>Baked potato chips and baked French fries are a great way to enjoy healthy potatoes.</p>



Building healthier communities together



Check your local grocery store for fresh potatoes today.