



## COOKING WITH

# POTATOES

### ABOUT POTATOES

- A potato is packed with potassium, fiber, Vitamin C, B6, and iron.
- There are many different kinds of potatoes such as russet potatoes,
- red potatoes, white potatoes, yellow potatoes, purple/blue potatoes, fingerling potatoes, and petite potatoes.
- All potatoes have a slight difference in appearance and taste but are still delicious!

### EXTENDING THE SHELF LIFE OF POTATOES

- Ideally, potatoes should be stored in a cellar, where they can remain for several months at a temperature of 45 to 50 degrees. Putting potatoes in the fridge will cause the starch to turn to sugar, which is not desired. Once a potato is cut, it should be cooked quickly or it will go bad. After cooking, the potato should be stored in a tight container and then placed in the fridge.

# POTATO SALAD

SOURCE: [whatscooking.fns.usda.gov/recipes/food-distribution-fdd/potato-and-egg-salad](https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/potato-and-egg-salad)

## INGREDIENTS

- 1 pound potatoes (4 medium potatoes)
- 1 cup onion (diced)
- ½ cup celery (chopped)
- ½ cup mayonnaise, low-fat
- ¼ cup sweet pickle relish

## INSTRUCTIONS

1. Place cubed potatoes in a large saucepan; cover with water.
2. Bring to a boil; cover and cook until tender but still firm, about 8 to 10 minutes.
3. Drain and bring potatoes to room temperature (can place in the fridge for about 10 minutes).
4. Combine potatoes, egg, onion, and celery in a large bowl.
5. Stir in mayonnaise, mustard, and black pepper a little at a time until you have the taste that you like.

## Nutrition Facts

Amount Per Serving	
<b>Calories</b> 358	Serving Size: 1 cup
% Daily Value*	
<b>Total Fat</b> 21g	
Saturated Fat 4g	
Polyunsaturated Fat 9g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 170mg	
<b>Sodium</b> 1,323mg	
<b>Potassium</b> 635mg	
<b>Total Carbohydrates</b> 28g	
Dietary Fiber 3g	
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A	8%
Vitamin C	42%
Calcium	5%
Iron	9%
*Based on a 2,000 calorie diet	



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