



Kentucky Potatoes

Season: July through October.

Nutrition Facts: Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates.

Selection: Green potatoes and those containing sprouts can be bad for you. Select firm, unbruised potatoes. For scalloped potatoes or salads, boiled red or new potatoes are best. For baking, frying, and mashing, choose drier varieties.

Storage: Potatoes should be kept in a cool, humid, dark place that is well ventilated.

Preparation: Scrub potatoes, and peel if desired. Cook peeled potatoes right away, since soaking potatoes in water for more than a few minutes causes vitamin loss. If you cannot cook the potatoes at once, sprinkle them with lemon juice to prevent darkening.

To boil: Put potatoes in a saucepan and cover with water. Bring them to a boil. Cover the saucepan and cook potatoes over medium heat for 30 minutes.

To steam: Cut medium-size potatoes into quarters. Bring 1 inch of water to a boil. Place the potatoes on a rack in the pan. Cover the pan tightly and steam potatoes for 15 to 20 minutes.

To bake: Scrub potatoes, leaving skin on. Pierce the skin with a fork. Bake at 400°F for 45 minutes to 1 hour.

To microwave: Scrub potatoes, leaving skin on. Pierce with a fork. Microwave for 4 to 6 minutes for each potato, turning halfway through cooking time. Let stand for 5 minutes.

Oven-Fried Potatoes

2 medium baking potatoes

1½ tablespoons oil

1 teaspoon salt

Wash and peel potatoes. Cut into large, long strips as you would for French fries. Pat dry with paper towels. Warm the oil in a saucepan and brush onto the potato strips, covering all sides. Place strips in a baking dish and bake in a 400°F oven for 30 minutes. Sprinkle with salt. Yield: Four servings.

Nutritional Analysis: 150 calories, 2 g protein, 2 g fiber, 5 g fat, 0 mg cholesterol, 590 mg sodium.

Tex-Mex Stuffed Potatoes

6 large baking potatoes

½ pound lean ground beef

1 medium onion, finely chopped

1 clove garlic, minced

1 can (16 oz) refried beans

1 jar (8 oz) salsa

1 cup sour cream

2 tablespoons finely chopped green onion

2 tablespoons chopped tomato

Bake potatoes at 400°F for 1 hour.

While potatoes are baking, brown ground beef, onion, and garlic in a saucepan. Drain fat; add beans and salsa. Simmer, stirring occasionally for 30 minutes or until thickened. To serve, cut an "X" into the top of each potato. Fluff potato pulp with a fork and spoon beef mixture over each potato. Garnish with sour cream and sprinkle with chopped green onion and tomato. Yield: Six servings.

Nutritional Analysis: 380 calories, 18 g protein, 8 g fiber, 13 g fat, 35 mg cholesterol, 517 mg sodium.

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For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences at <www.ca.uky.edu/agcollege/fcs>.