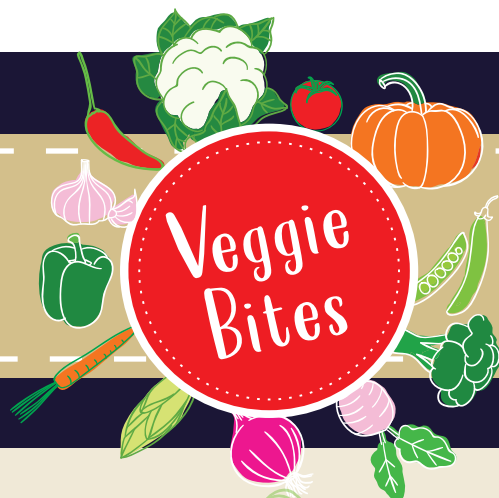


# Potato Papa



Try It!



## Selection

Most potatoes have a light brown or red skin with white flesh. Some of the new varieties have purple/blue skin with yellow flesh. The peel is good to eat and has many nutrients. Cut off any green spots or sprouts.

Potatoes are vegetables which grow in the ground as tubers or fleshy, underground stems.

## Uses

Potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed, fried or grilled). Potatoes can be added to soups, stews or casseroles.

Other popular ways to eat potatoes are: potato salad, hash browns, potato chips, and French fries. Potatoes prepared with little or no added fat are more nutritious.



### CHEESE STUFFED POTATOES

#### Ingredients

- 4 potatoes (large, baking)
- 1 cup cottage cheese, low-fat
- 2 tablespoons 1% milk
- 2 tablespoons onion (chopped)
- 1/4 teaspoon paprika

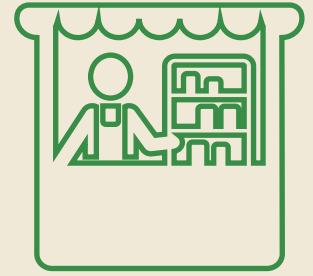
#### Instructions

1. Preheat the oven to 400 degrees.
2. Scrub the potatoes.
3. Put the potatoes in the oven. Bake 30 to 40 minutes until tender.
4. Slice each potato in half lengthwise.
5. Use a spoon to scoop out the inside of each potato. Leave about 1/2 inch of potato next to the skin. Save the inside part of each potato in a small bowl.
6. Peel the onion. Chop it to make 2 tablespoons chopped onion.
7. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork until light and fluffy.
8. Divide this mix into 8 parts. Put part of the mix inside each potato.
9. Sprinkle paprika over the potatoes.
10. Return to the oven for 5 minutes to reheat.

# History & Fun Facts

Potatoes were first grown in the Andes Mountain of South America over 7,000 years ago. Spaniards brought potatoes to Spain in the 1500's which then gradually spread to the rest of Europe. Irish immigrants introduced potatoes to North America in the 18th century.

There are thousands of varieties of potatoes. Common North American potato varieties include: Russet Burbank, Yellow Finn, Red Gold, German Butterball, and Yukon Gold.



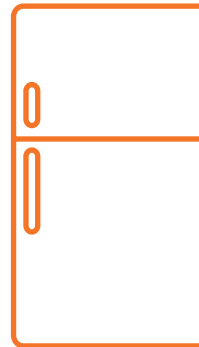
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Be sure to scrub produce prior to cooking or eating. With firm produce, it is best to use a produce brush to ensure all bacteria and dirt are removed.
- Cut away any damaged or extra growth prior to preparing or eating.
- Store vegetables and fruit in separate drawers in the fridge.



### NUTRITION FACTS

Fat free

Cholesterol free

High in Vitamin C

Good source of fiber

Sodium Free

High in potassium



Swipe at the Information Booth on the corner of 2nd and Main.  
Double your \$10 EBT swipe on the 1st Saturday of each month!



## Swipe & Shop



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.org](http://www.5aday.org); <https://whatscooking.fns.usda.gov>

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