

Chef Solus plans the perfect potato party.

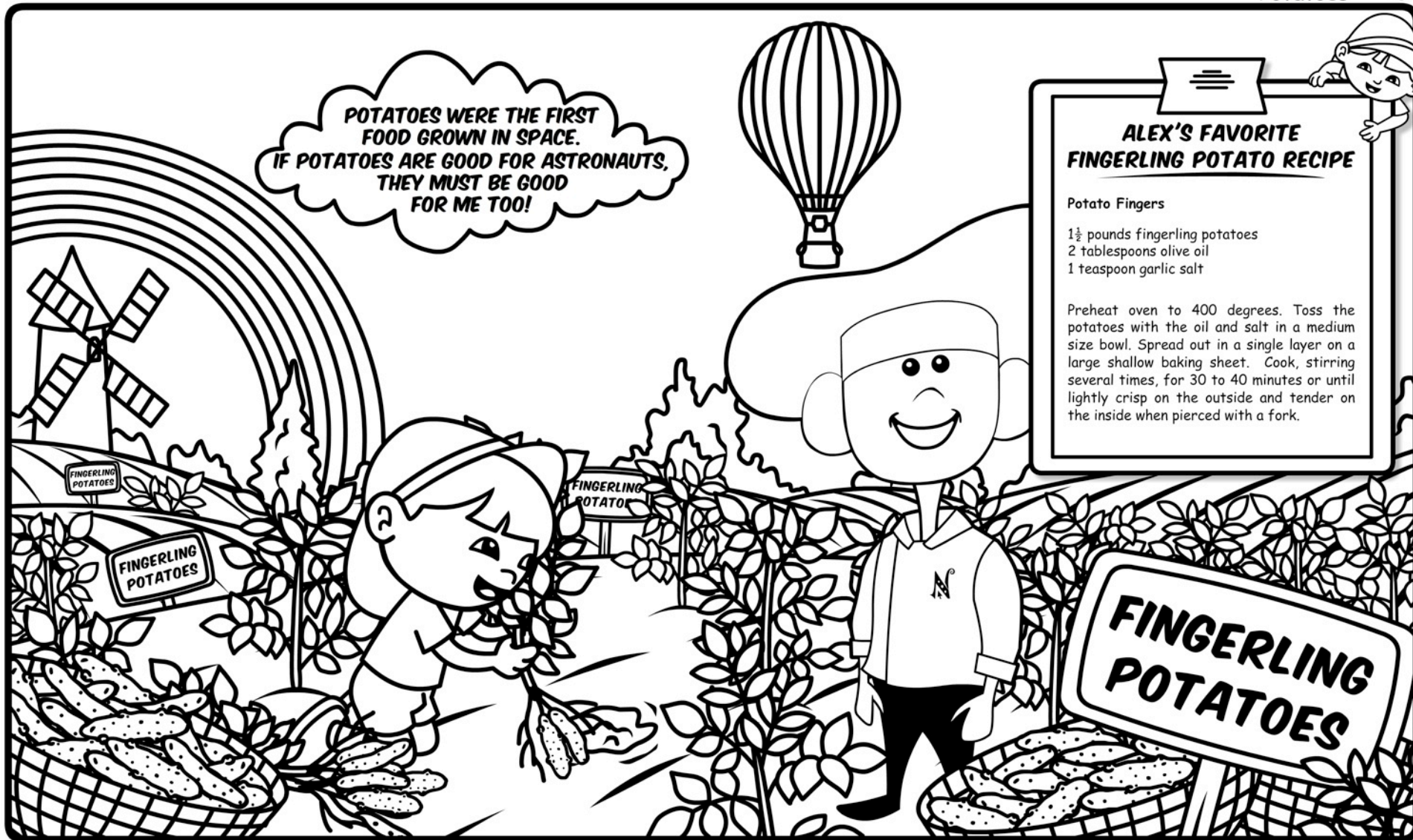
POTATOES
GOODNESS
UNEARTHED

45% Daily Supply of Vitamin C | Naturally Fat Free | Full of Vitamins and Minerals

Visit us for more www.ChefSolus.com for free nutrition education materials for kids and families! For more potato recipes and information visit www.potatogoodness.com

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POTATOES WERE THE FIRST FOOD GROWN IN SPACE. IF POTATOES ARE GOOD FOR ASTRONAUTS, THEY MUST BE GOOD FOR ME TOO!

ALEX'S FAVORITE FINGERLING POTATO RECIPE

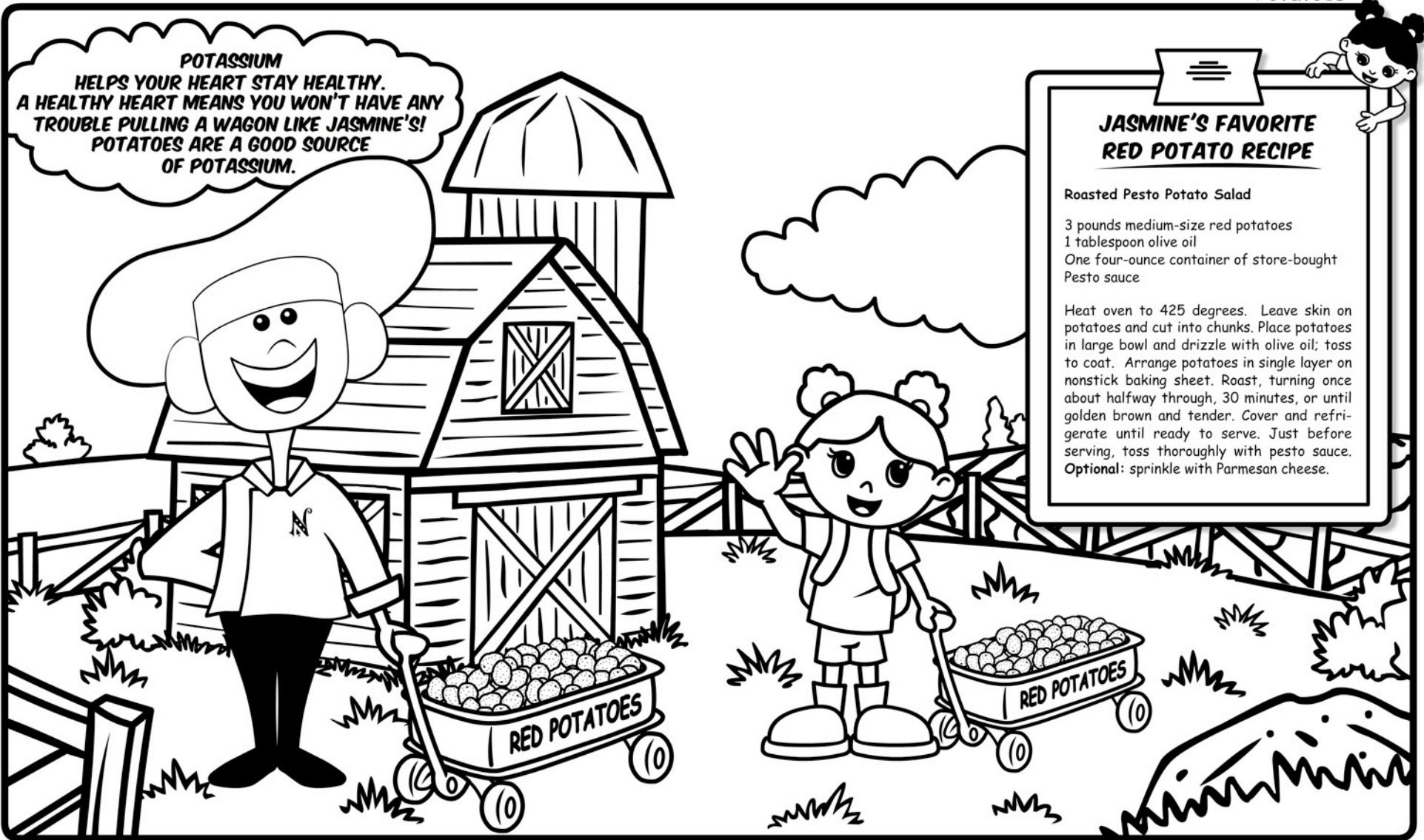
Potato Fingers

- 1½ pounds fingerling potatoes
- 2 tablespoons olive oil
- 1 teaspoon garlic salt

Preheat oven to 400 degrees. Toss the potatoes with the oil and salt in a medium size bowl. Spread out in a single layer on a large shallow baking sheet. Cook, stirring several times, for 30 to 40 minutes or until lightly crisp on the outside and tender on the inside when pierced with a fork.

Alex picks some fingerling potatoes. They come in lots different colors!

Alex likes the cool shape of fingerling potatoes. They taste good too!



POTASSIUM
HELPS YOUR HEART STAY HEALTHY.
A HEALTHY HEART MEANS YOU WON'T HAVE ANY
TROUBLE PULLING A WAGON LIKE JASMINE'S!
POTATOES ARE A GOOD SOURCE
OF POTASSIUM.

JASMINE'S FAVORITE
RED POTATO RECIPE

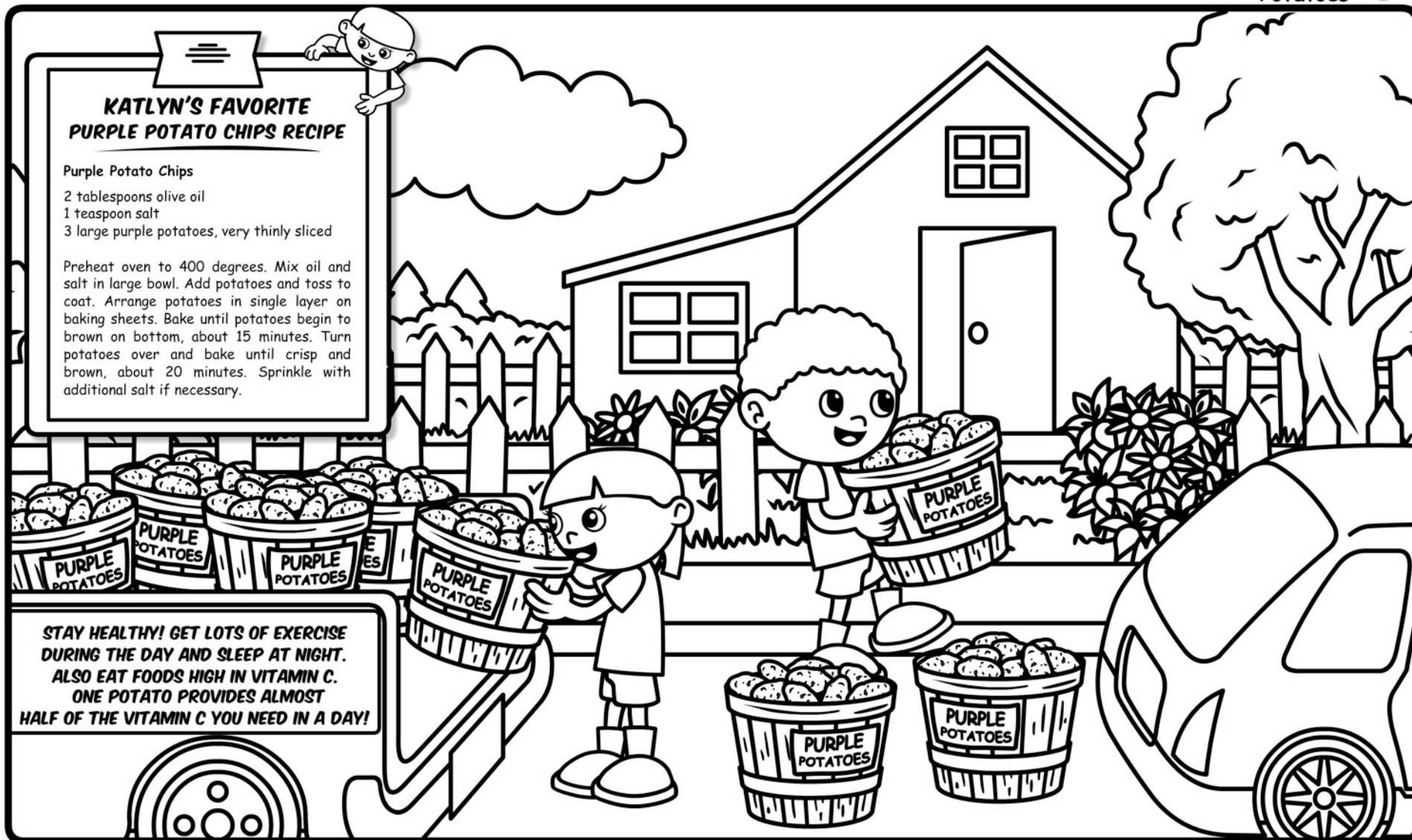
Roasted Pesto Potato Salad

3 pounds medium-size red potatoes
1 tablespoon olive oil
One four-ounce container of store-bought Pesto sauce

Heat oven to 425 degrees. Leave skin on potatoes and cut into chunks. Place potatoes in large bowl and drizzle with olive oil; toss to coat. Arrange potatoes in single layer on nonstick baking sheet. Roast, turning once about halfway through, 30 minutes, or until golden brown and tender. Cover and refrigerate until ready to serve. Just before serving, toss thoroughly with pesto sauce. Optional: sprinkle with Parmesan cheese.

Jasmine pulls a wagon filled with red potatoes!

Red is Jasmine's favorite color and her favorite potato, too, because it can be cooked in so many different ways.



**KATLYN'S FAVORITE
PURPLE POTATO CHIPS RECIPE**

Purple Potato Chips

- 2 tablespoons olive oil
- 1 teaspoon salt
- 3 large purple potatoes, very thinly sliced

Preheat oven to 400 degrees. Mix oil and salt in large bowl. Add potatoes and toss to coat. Arrange potatoes in single layer on baking sheets. Bake until potatoes begin to brown on bottom, about 15 minutes. Turn potatoes over and bake until crisp and brown, about 20 minutes. Sprinkle with additional salt if necessary.

**STAY HEALTHY! GET LOTS OF EXERCISE
DURING THE DAY AND SLEEP AT NIGHT.
ALSO EAT FOODS HIGH IN VITAMIN C.
ONE POTATO PROVIDES ALMOST
HALF OF THE VITAMIN C YOU NEED IN A DAY!**

Purple potatoes remind Katlyn of her favorite purple flowers.

Tyler picks purple potatoes because he loves the bright color and nutty flavor, too!

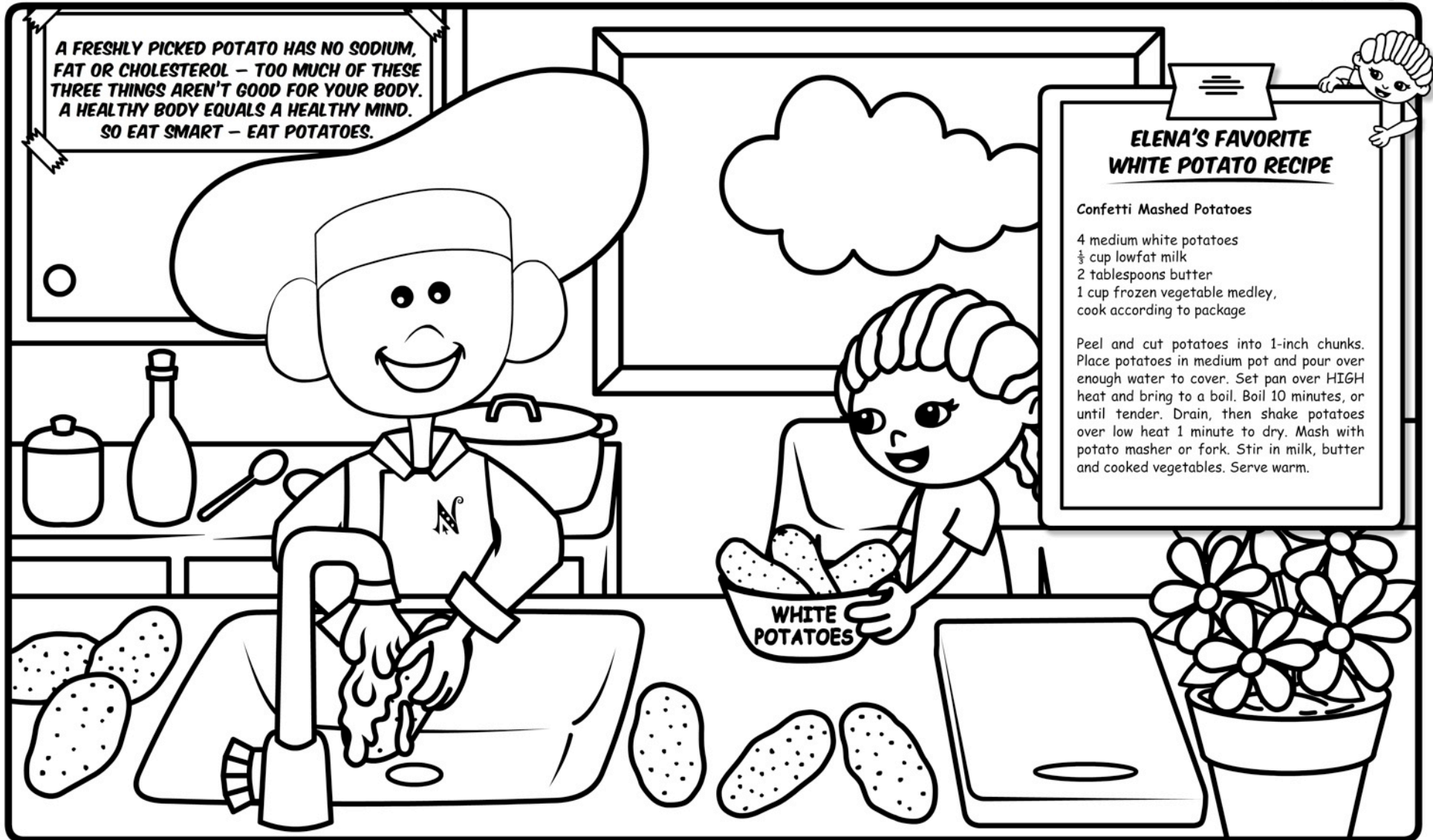
A FRESHLY PICKED POTATO HAS NO SODIUM, FAT OR CHOLESTEROL – TOO MUCH OF THESE THREE THINGS AREN'T GOOD FOR YOUR BODY. A HEALTHY BODY EQUALS A HEALTHY MIND. SO EAT SMART – EAT POTATOES.

ELENA'S FAVORITE WHITE POTATO RECIPE

Confetti Mashed Potatoes

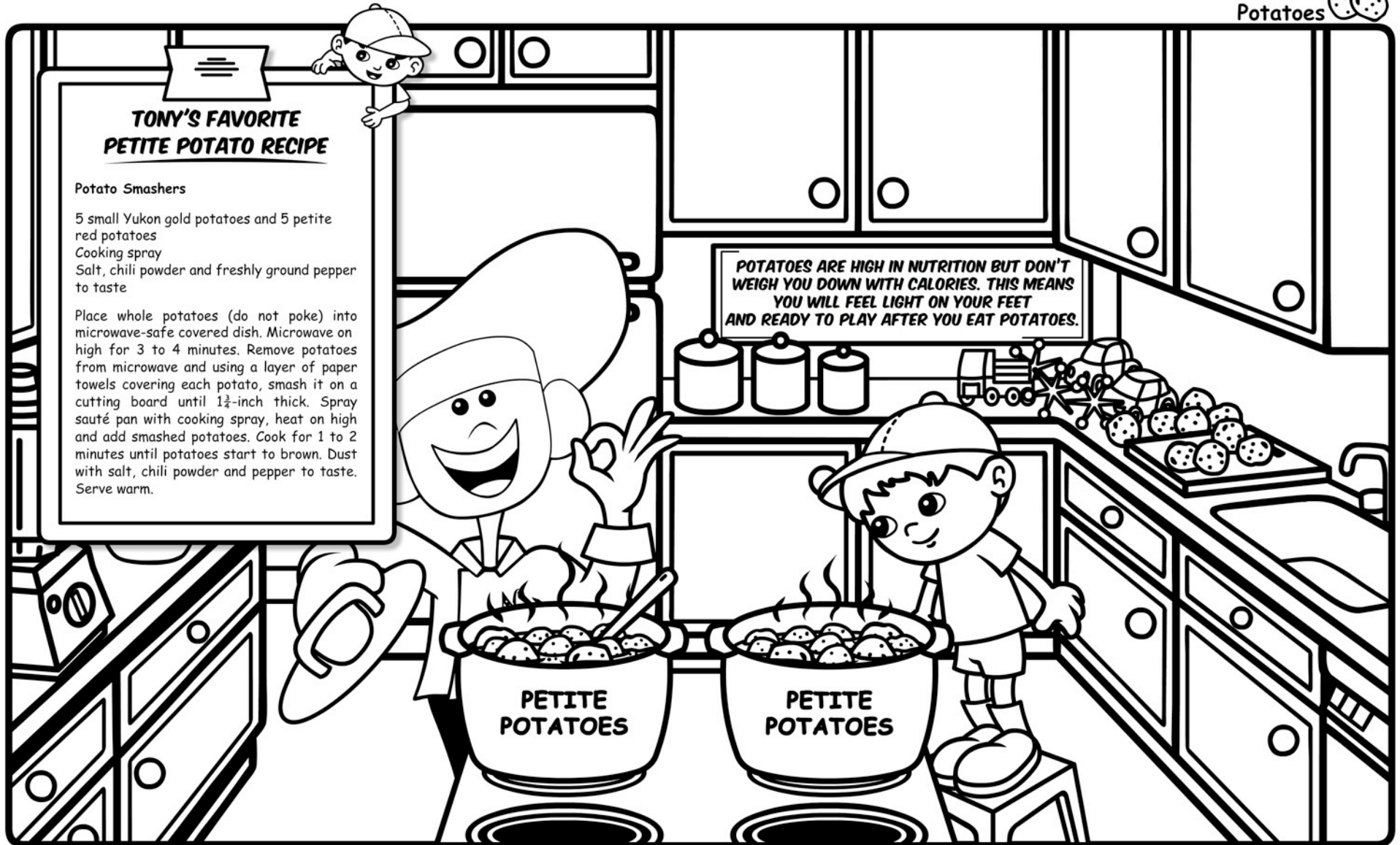
4 medium white potatoes
 $\frac{1}{2}$ cup lowfat milk
2 tablespoons butter
1 cup frozen vegetable medley,
cook according to package

Peel and cut potatoes into 1-inch chunks. Place potatoes in medium pot and pour over enough water to cover. Set pan over HIGH heat and bring to a boil. Boil 10 minutes, or until tender. Drain, then shake potatoes over low heat 1 minute to dry. Mash with potato masher or fork. Stir in milk, butter and cooked vegetables. Serve warm.



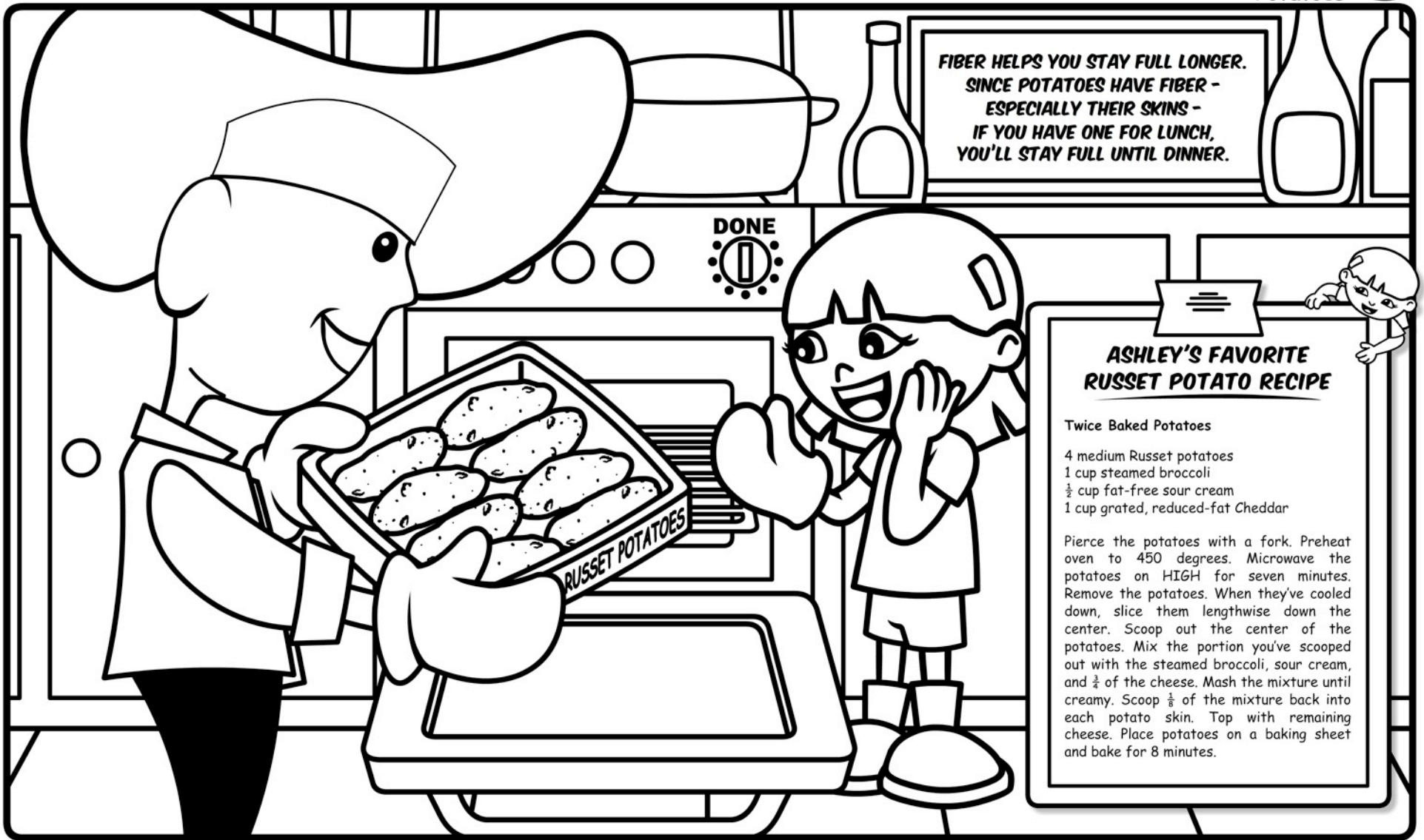
Chef Solus shows Elena how to wash white potatoes using a vegetable scrubber.

Elena likes mashing white potatoes because they are super soft when cooked and extra delicious with the skins on!



Tony is so excited because petite potatoes cook quickly and are ready to eat in minutes!

Tony loves petite potatoes because they are small in size but big on taste!



FIBER HELPS YOU STAY FULL LONGER. SINCE POTATOES HAVE FIBER - ESPECIALLY THEIR SKINS - IF YOU HAVE ONE FOR LUNCH, YOU'LL STAY FULL UNTIL DINNER.

ASHLEY'S FAVORITE RUSSET POTATO RECIPE

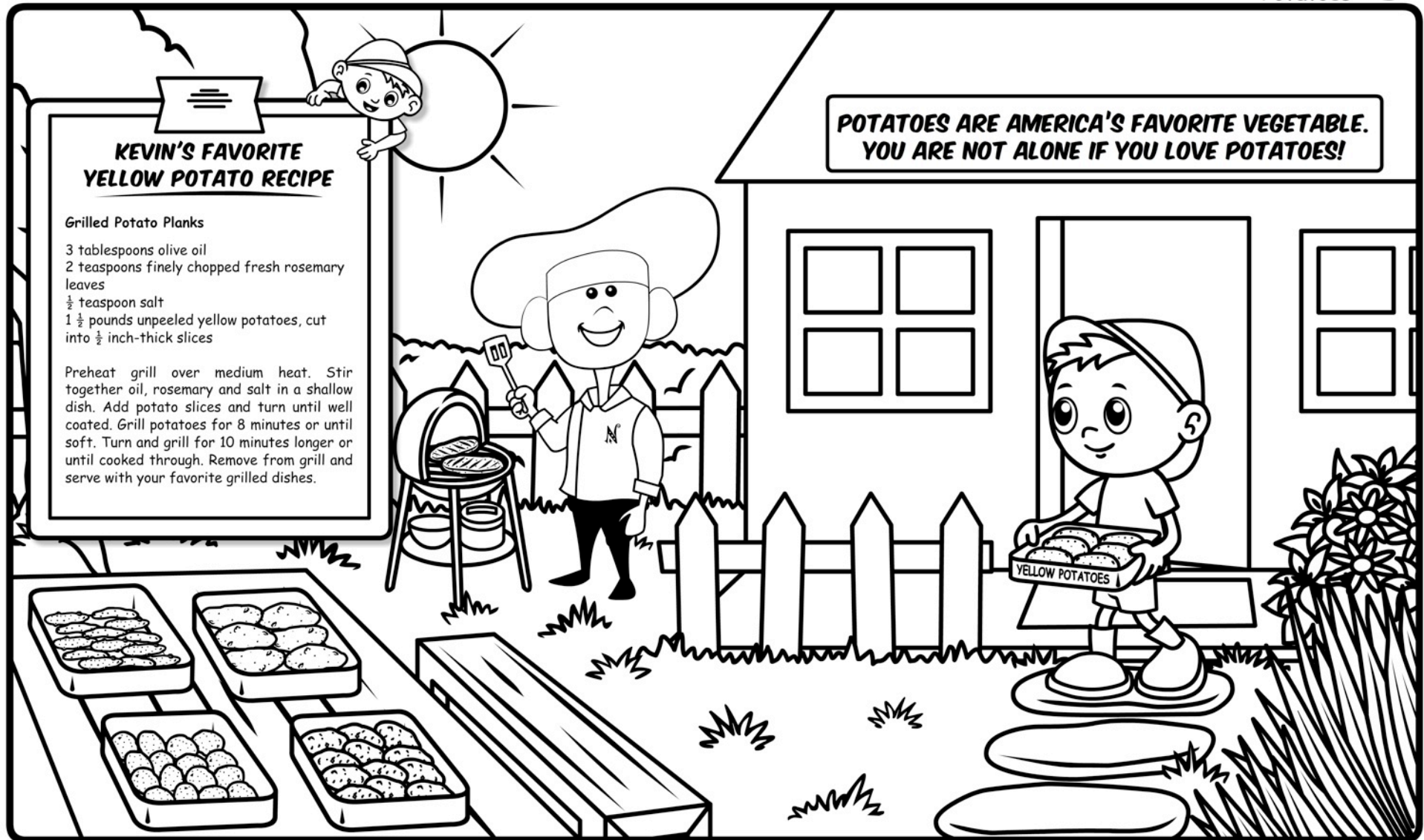
Twice Baked Potatoes

- 4 medium Russet potatoes
- 1 cup steamed broccoli
- ½ cup fat-free sour cream
- 1 cup grated, reduced-fat Cheddar

Pierce the potatoes with a fork. Preheat oven to 450 degrees. Microwave the potatoes on HIGH for seven minutes. Remove the potatoes. When they've cooled down, slice them lengthwise down the center. Scoop out the center of the potatoes. Mix the portion you've scooped out with the steamed broccoli, sour cream, and ¾ of the cheese. Mash the mixture until creamy. Scoop ⅓ of the mixture back into each potato skin. Top with remaining cheese. Place potatoes on a baking sheet and bake for 8 minutes.

Chef takes Russet potatoes out of oven, Ashley is surprised

Ashley loves the Russet potato because after it's baked, it gets light and fluffy inside.



KEVIN'S FAVORITE YELLOW POTATO RECIPE

Grilled Potato Planks

3 tablespoons olive oil
2 teaspoons finely chopped fresh rosemary leaves
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ pounds unpeeled yellow potatoes, cut into $\frac{1}{2}$ inch-thick slices

Preheat grill over medium heat. Stir together oil, rosemary and salt in a shallow dish. Add potato slices and turn until well coated. Grill potatoes for 8 minutes or until soft. Turn and grill for 10 minutes longer or until cooked through. Remove from grill and serve with your favorite grilled dishes.

POTATOES ARE AMERICA'S FAVORITE VEGETABLE.
YOU ARE NOT ALONE IF YOU LOVE POTATOES!

Kevin thinks the yellow potato is as bright as the sun!

He is surprised that yellow potatoes taste like they have butter already on them!



It's potato party time with the perfect potatoes!