



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Potatoes

Did you know?

Potatoes are available all year long!

One serving of potatoes has 45% of your daily Vitamin C.

Potatoes are a good source of fiber to help you stay fuller longer!

## Fun Fact!

There are over 5,000 different types of potatoes.

## FIGHTBAC!

**Clean:** Wash hands  
and Surfaces Often

**Separate:** Don't  
Cross-Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for potatoes that are fairly clean and smooth.
- Choose potatoes free from blemishes, sunburn, and decay.
- Avoid potatoes with cuts or bruises.
- If potatoes begin to sprout or shrivel, it's time to throw them away.

## Roasted Potatoes

2 pounds of potatoes, red or white with skins intact  
 2 Tablespoons olive oil  
 1/2 teaspoon rosemary  
 Salt and pepper to taste

Preheat the oven to 425 degrees. Wash the potatoes and allow them to dry. Do not peel the potatoes, but you may wish to cut out the eyes or any surface blemishes. Baby potatoes may be left whole. Large potatoes should be cut into 2 inch cubes.

Place the potatoes in a baking dish and drizzle the olive oil over the potatoes. Add rosemary, salt and pepper.

Roast the potatoes uncovered for approximately one hour. Turn the potatoes occasionally during the cooking time. The potatoes will be done when the flesh is soft and easily pierced with a fork.

Preparation Time: 10 minutes  
 Cook Time: 1 hour  
 Serves: 4

Nutrition Facts per serving:  
 Calories: 220  
 Total Fat: 7 g  
 Cholesterol: 0 mg  
 Sodium: 15 mg  
 Total Carbohydrate: 36 g  
 Protein: 4 g

<http://healthyliving.tamu.edu/recipes>

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Find these fruits and vegetables in the word search below:

Swiss Chard  
 Grape Tomato

Sugar Snap Pea  
 New Potato

Bell Pepper  
 Summer Squash

A	C	E	D	S	R	T	D	N	P	L	E	Y
R	I	P	B	E	L	L	P	E	P	P	E	R
N	W	Z	C	O	D	M	M	E	T	L	O	C
S	X	W	B	T	S	W	O	L	E	R	V	M
U	U	A	D	Z	B	U	N	I	M	K	L	O
M	I	G	R	A	P	E	T	O	M	A	T	O
M	G	R	A	T	Y	F	B	J	Q	O	E	L
E	R	C	H	R	V	Z	M	U	E	T	R	S
R	E	P	C	L	S	F	R	E	B	A	A	D
S	T	W	S	I	O	N	L	E	V	T	H	I
Q	P	U	S	N	V	G	A	R	T	O	T	X
A	L	R	I	F	B	E	B	P	Z	P	A	V
S	W	O	W	X	V	R	T	H	I	W	A	W
H	I	C	S	D	T	R	S	L	H	E	A	Q
F	U	Y	S	Z	V	B	T	H	F	N	A	Z