



# Local PICK OF THE MONTH

December 2023

## Potatoes

### Crispy Oven Baked Fries

#### Ingredients

- 4 medium potatoes.
- 2 tablespoons olive oil.
- Seasoning of your choice (garlic powder, paprika, rosemary, parsley, etc.)

#### Directions

- Preheat oven to 450 degrees F.
- Wash and cut potatoes into strips. Pat dry with a towel.
- In a large bowl, toss potato strips with oil and seasoning to coat.
- Spread potato strips into a single layer on a baking sheet.
- Bake for 30-40 minutes, turning frequently, under golden brown and tender.

Yields 8, 1/2 cup servings.

**Nutrition information per serving:** 112 calories, 4 g fat, 2 g fiber, 19 g carbohydrates, 2 g protein

Recipe adapted from [myplate.gov](http://myplate.gov)

### What's so great about potatoes?

- Potatoes are an affordable source of nutrients such as potassium, vitamin C and fiber.
- One medium potato has more potassium than a banana.
- Potatoes are a versatile vegetable with many varieties to choose from.



### What's the best way to eat potatoes?

- Eat potatoes with the skin on to get the most nutrients.
- Use potatoes in soups, stews, salads, casseroles or skillet.

### Selection and preparation

Selection	Storage
Choose potatoes that are firm without cuts, bruises, sprouts, or green skin.	Store potatoes in a dark, cool place with good ventilation.
Preparation	Cooking
Wash just before cooking.	Bake, boil, mash, roast or steam.



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