

Spuds Illustrated



Chefs' Secrets Revealed: how to: slice, dice, roast, mash, and bake like a pro!

Pick Your Potato— find out what cooking methods work best with the kinds of potatoes YOU have in your kitchen!

PLUS— Top 5 reasons to *NOT* peel!

Find your family's new favorite recipes inside!

Your potatoes do not like that plastic bag they come in. They can't breathe. Deprived of oxygen, they start to rot, which smells really, really, really bad.



Let your taters breathe.

Store them in paper.

Putting your potatoes in a paper bag can help them stay fresh longer.

Because they can get oxygen, they are less likely to rot.

The paper blocks out light, so they don't sprout.

A paper bag is a tater's best friend.



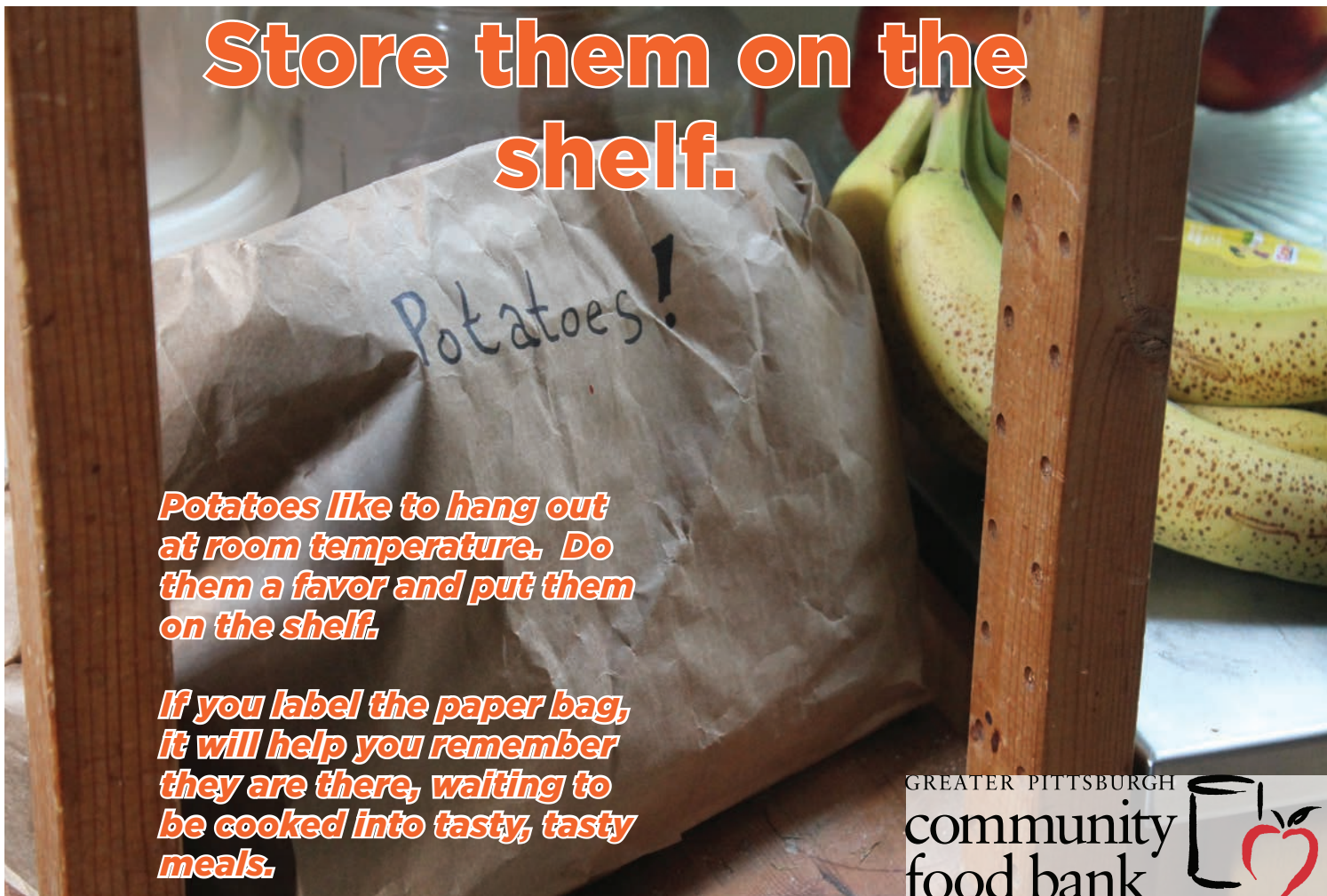
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When you put your potatoes in the fridge, they go into survival mode.

Their starches turn into sugars, which changes how they cook and taste.

Your potatoes don't want to chill.



Store them on the shelf.

Potatoes like to hang out at room temperature. Do them a favor and put them on the shelf.

If you label the paper bag, it will help you remember they are there, waiting to be cooked into tasty, tasty meals.

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You may not believe what the secret ingredient is!

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Everyone in your family gets what they want when they get to choose.

10: Recipe: Garlic-Olive Oil Mashed Potatoes

Dairy-free & delicious! Try these Tuscan-style potatoes soon!

Back Cover: Match your Potatoes

Some potatoes work better for some recipes. We'll help you match them up to get the best results.

***Spuds Illustrated* is a publication of Greater Pittsburgh Community Food Bank.**

Greater Pittsburgh Community Food Bank helps provide food and services to neighbors in need across southwestern PA.

Headquartered in Duquesne, PA, the Food Bank was founded in 1980 as a not-for-profit and is a member of Feeding America. With a focus on serving the regions' most vulnerable populations with the healthiest foods possible, Greater Pittsburgh Community Food Bank is committed to providing higher access to fresh fruits and vegetables.

This goal is accomplished by partnering with local grocers, distribution companies, farmers and community organizations to acquire and distribute these foods to more than 400 member agencies, including food pantries, soup kitchens, shelters, after-school programs and senior housing sites, which serve in total 360,000 people each year across 11 counties in southwestern Pennsylvania.

For more information about how to get food, visit pittsburghfoodbank.org or call us at (412) 460-3663.

Find more cooking tips at pittsburghfoodbank.org/resources.

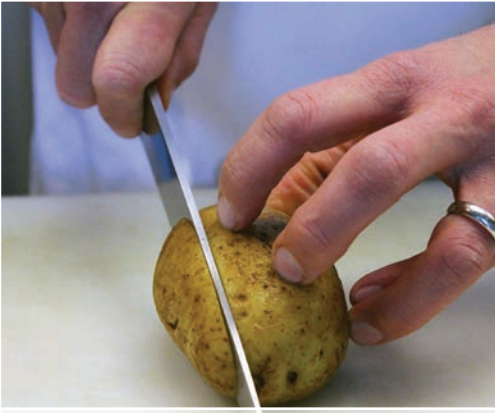
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Chefs' Secret: Cutting Potatoes



Cut a flat edge carefully, the same width you want your potato pieces to be.



Put the flat side on the cutting board so the potato doesn't roll around.



Cut the potato into planks that are all about the same width.



Cut into long, even sticks. Use these as steak fries or cut into cubes.



Arrange sticks in a row and cut into even width pieces to make cubes easily.



Finished cubed potatoes can be roasted, boiled, added to stews, and more!

Use these tips at home and see how much easier making dinner becomes!

Cutting a potato is one of the first things that a young chef learns. If you can do this every time you cut a potato, you can follow the same steps when you cut just about anything else. All of a sudden, cooking becomes a lot easier, and a lot more fun.

How do I keep my fingers safe?

It is always a good idea to make a flat side on anything round that you want to cut. Putting the flat side down on the cutting board means that the food will stay put. It will not roll while you are trying to cut it. This should help keep your fingers safely away from your knife.

Why does it matter how I cut my potatoes?

Believe it or not, cutting your vegetables to the same size helps with more than just how the food looks. If your potato pieces are all cut to the same size, they will cook at the same rate, and get done at the same time. As a result, they will taste better.

It is not hard to cut like a chef, but it does take some attention. The more you practice, the easier it will become. And as it gets easier, it might even start to be fun!

Best. Home Fries. Ever.

The secret ingredient? Broccoli.

- 2-3 **potatoes**, cut into 1/4-inch cubes
- 1 medium **onion**, cut into small pieces
- 2-3 **carrots**, shredded
- 1 cup **broccoli**, chopped into tiny pieces
- 3 Tbl **canola oil**
- 1/2 tsp **salt**
- **Black pepper** to taste

Nutrition Facts

Serving Size 1/6 of recipe (about 3/4 cup)
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories 140	Calories from Fat 60		
Total Fat 7g			11%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 210mg			9%
Total Carbohydrate 17g			6%
Dietary Fiber 3g			12%
Sugars 2g			
Protein 2g			
Vitamin A 50%	Vitamin C 45%		
Calcium 2%	Iron 4%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Put oil in a hot pan. Let oil get hot.
2. Add potatoes. Sprinkle with black pepper and a small pinch of salt. Stir to arrange potatoes in a single layer.
3. Cook potatoes for 5 minutes before stirring. Potatoes should be whistling.
4. Cook 10 more minutes, stirring twice.
5. Push potatoes to the outside of the pan. Add onions to the center with a small pinch of salt. Cook for 7-10 minutes, stirring once per minute.
6. When onion is soft and turning brown at the edges, stir in with the potatoes. Add broccoli and carrots to the center of the pan with the rest of the salt.
7. Cook for 5-7 minutes, stirring about once a minute. When the broccoli has softened and turned a bright green color, the home fries are done!

Makes 4 servings



Why shouldn't I stir the potatoes more?

The potatoes need to stay in contact with the bottom of the pan to crisp up and turn brown. Over-stirring will cause them to break up and become mushy.



Why push the potatoes to the outside?

The center of the pan is usually the hottest part. Pushing the food that has already cooked to the outside lets the raw food cook more quickly.



Wait, broccoli in my home fries?

The broccoli and the potatoes have flavors that match really well. The broccoli brings out a nuttiness in the potatoes, and the potatoes bring out a sweetness in the broccoli.



Need help cutting your veggies?

Visit pittsburghfoodbank.org and search for "photo illustrated recipe cards" for guides on cutting onions, peppers, and many more great tips for the kitchen!



Oven-Roasted Potatoes

- 3 large russet potatoes or other potatoes
- 2-3 Tbl oil
- 1/2 tsp salt
- **Black pepper** to taste
- 1 1/2 tsp **dried herbs** (*oregano, thyme, basil and/or parsley*)

Nutrition Facts

Serving Size About 1/2 cup
Servings Per Container About 8

Amount Per Serving

Calories 160 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 8%

Sugars 1g

Protein 3g

Vitamin A 0% Vitamin C 15%

Calcium 2% Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	55g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1. Preheat oven with baking sheet to 450 degrees.
2. Cut potatoes into 1-1/2 inch cubes.
3. Place cut potatoes in large bowl and toss with oil.
4. Add salt, pepper, and herbs to potatoes.
5. Add potatoes to preheated baking sheet. They should sizzle as soon as they hit the pan.
6. Bake for 45 minutes total. Stir after 20 minutes and again at 35 minutes.
7. Serve potatoes as delicious side dish for any meal!

Makes 8 servings



Add herbs, oil, salt, and pepper to potatoes and toss.



Preheat the pan when you preheat the oven!



Finished oven-roasted potatoes. A perfect side dish for any meal!

Make this recipe your own!

If you don't have the herbs above, try the herbs you have. Add extra spices to give your potatoes a kick. Recipes are just a starting point. The important points of this recipe: have a hot oven, have a hot pan, and make sure you've coated your spuds in some oil, herbs, and spices.

Why does it matter if the pan is hot?

When your pan is hot, the potatoes start cooking as soon as they hit it. This helps the potatoes to *sear* and develop that beautiful, golden brown outside that tastes so good!

What do I serve them with?

Anything! They go great with eggs for breakfast; inside a burrito for lunch; or with chicken, pork, or beef for dinner! These potatoes are so good, you may find yourself making them several times a week!

Roasted Potato Salad

Enjoy the leftovers as much as you did the original!

- 2 cups roasted potatoes
- 1/4 cup diced onion
- 1/4 cup diced bell pepper
- 2 Tbl mustard
- 2 Tbl oil
- 2 Tbl vinegar
- 1 tsp dried herbs
- pinch of salt
- **black pepper** to taste

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 230 Calories from Fat 110

Total Fat 12g **% Daily Value***

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbohydrate 27g 9%

Dietary Fiber 2g 8%

Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 25%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
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Total Fat	Less than 85g	80g
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Saturated Fat	Less than 20g	25g
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Cholesterol	Less than 300mg	300mg
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Sodium	Less than 2,400mg	2,400mg
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Total Carbohydrate	300g	375g
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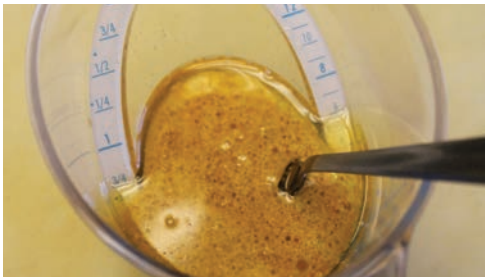
Dietary Fiber	25g	30g
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1. Stir mustard, oil, vinegar, and dried herbs together to make the salad dressing.
2. Combine leftover roasted potatoes and diced vegetables in a bowl.
3. Pour dressing over potatoes and veggies.
4. Sprinkle with salt and pepper and mix to combine.
5. Refrigerate overnight and have your lunch ready for tomorrow!

Makes 4 servings



Why oil, vinegar, and mustard?

The acid in the vinegar and the mustard makes for a tangy taste. The oil helps to cut through the acid so that it's not too tangy. The result is a balanced flavor that you and your family will love.

Make this before you put the leftovers away!

The warm potatoes will absorb the dressing, and soak up all the flavor of the dressing. This will help your potato salad to be the best it possibly can be.

Need help dicing onions or peppers?

Visit PittsburghFoodBank.org and search for "photo illustrated recipe cards" for guides on cutting onions, peppers, and many more great tips for the kitchen!

Make this recipe your own!

Add your favorite veggies to the recipe with or instead of the onions and peppers! Use what you have on hand to make your own potato salad.



Chefs' Secret:

Top 5 Reasons To Not Peel Your Potatoes

5) Potato skins look good.

They add a bit more color to the dish, which can help your meals to stand out. An attractive plate of food invites people to dig in and enjoy!

4) Potato skins taste good.

Potato skins offer a nutty flavor. They also provide a bit more texture when you chew, which helps people to notice the potatoes as they eat. In short, keeping the skins on your potatoes can help your meals to taste even better than they already do.

3) Potato skins are good for you!

Much of the fiber, potassium, iron, vitamin B, and vitamin C that potatoes offer you is found in the skin. Getting rid of the skin means that you're missing out on a lot of the natural goodness that potatoes can bring into your life.

2) You're wasting food.

On average, every time you peel the skin off of a potato, you're throwing away 16% of it. That's 16% more potatoes that you and your family could be eating, just by leaving the skins on.

1) You're wasting time.

More than half the time that goes into prepping your potatoes is spent peeling them. More than half! You can make cooking a whole lot easier, just by leaving the skins on.



Don't let your baked potatoes be boring.

Are your baked potatoes a little ho-hum?

Baked potatoes don't have much pizzazz on their own. But they're really easy to dress up into something spectacular!

Roast or sautee some veggies—or use left-over veggies from another meal!

Make a baked potato bar.



Topping Ideas:

- Tomatoes
- Green beans
- Browned onions
- Bell peppers
- Hot peppers
- Roasted mushrooms
- Salsa
- Black olives
- Cheese
- Bacon
- Plain yogurt
- Artichoke hearts



Olive Oil-Garlic Mash

Easy, Delicious, Healthful... Win, Win, Win!

- 6 medium **potatoes**
- water for cooking
- 1/2 cup **olive oil**
- 6 cloves **garlic**
- 1/2 tsp **salt**
- **black pepper** to taste
- 1/2 tsp **dried herbs** (optional)

Nutrition Facts

Serving Size About 1/2 cup
Servings Per Container About 6

Amount Per Serving
Calories 330 Calories from Fat 160

% Daily Value*

Total Fat 18g 28%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 40g 13%

Dietary Fiber 3g 12%

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 20%

Calcium 4% • Iron 10%

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Total Fat Less than 65g 80g

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Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Put potatoes in a large pot. Cover with water and put over high heat. Bring water to a boil and cook potatoes for 30-40 minutes or until soft.
2. Peel garlic and put in a small saucepan. Cover with olive oil. Put on high heat and cook until garlic has been bubbling in the oil for 30 seconds to 1 minute.
3. Turn heat off and let garlic sit.
4. Mash potatoes with oil, garlic, salt, and pepper.
5. Taste, adjust seasonings, and serve.



Makes 6 servings



Fried garlic?

Frying the garlic in the olive oil does 2 things:

- It sweetens the garlic so that the flavor is delicious. Try eating a clove of this garlic! It's worth snacking on.
- It flavors the olive oil so that the mashed potatoes take on this sweet and robust garlic flavor.



Wouldn't the potatoes cook faster if I cut them first?

Yes, and if you need to save time, that's ok. But, the potatoes lose more starch and nutrients to the cooking water when cooked in pieces than when cooked whole.



When are my potatoes done?

The easiest way to tell is when you stab one with a paring knife and it slides right back off the knife when you try to lift it.




























Make this recipe your own!

Leftover veggies from other meals make great toppings for a mashed potato bar... everyone can make their plate just the way they like it!

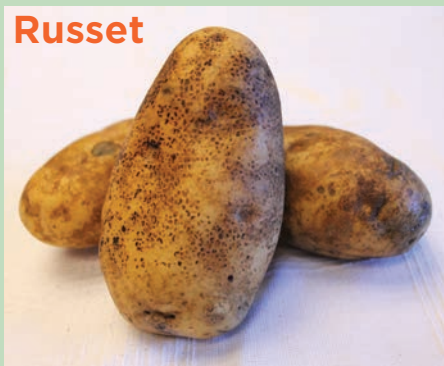


Matched Potatoes:

Use this guide to match your potatoes with a cooking method that will let them shine!

	Bake	Roast	Boil	Mash	Home Fries	Soup/ Stew	Grill
Russet							
Red Skin							
White							
Gold							
Purple							

Russet



Drier texture makes it a great match for baking & roasting. Can get mealy when boiled.

Red Skin



Will stay firm when cooked. Works great for roasting & stews; not the best match for mashed. Tends to stick to pan when making home fries.

White



All-purpose potato, does well with almost everything.

Gold



Looks very similar to white potato, but has more water and its flesh is a bit darker. Great for most purposes; but it may stick when making home fries.

Purple



Originally came from Peru! Works great for most purposes, and adds great color to your plate!

Let us know what you think about this magazine!
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