

# Food

## Crowd Pleasers

### Get the facts about potatoes:

One great go-to food that never disappoints is the potato, and with five varieties to choose from, these hearty vegetables are easy to add to all your favorite dishes. One medium potato (5.3 ounces with skin) contains:

- Only 110 calories, zero fat and no gluten
- 45 percent of the daily value for vitamin C, 10 percent of B6 and 8 percent of fiber
- As much or more potassium (620mg) as spinach, broccoli or a banana

### Five different types:

- Russet — Best used for baked dishes, or when making French fries or mashed potatoes; available year-round.
- Round white — Great for casseroles, gratins, soups, salads or roasted; available year-round.
- Round red — Best boiled, steamed, roasted or served in salads; available late summer to early fall.
- Yellow flesh — Can be baked, mashed or roasted; available from late summer to early spring.
- Blue and purple — Great for baked dishes, microwaved or steamed; available in the fall.



### Grilled Potato Kabobs

Prep Time: 20 min; Grill Time: 10 min; Servings: 6

#### Lemon-Herb Drizzle

- 1/4 cup extra virgin olive oil
- 3 cloves garlic, minced
- 2 tablespoons chopped fresh herbs
- 1/2 teaspoon sea salt, or to taste
- Juice of 1 fresh lemon
- Freshly ground black pepper to taste

#### Potato Kabobs

- 1 pound russet potatoes, scrubbed
- 1 (12 ounce) package precooked chicken sausage, sliced 1/4-inch-thick on the diagonal
- 2 ears fresh corn, cut into 1-inch pieces
- 1 zucchini, sliced 1/4-inch-thick on the diagonal

Heat olive oil in small saucepan until very hot; remove from heat and stir in garlic. Let cool, then stir in herbs, salt, lemon juice and pepper; set aside.

Place potatoes in medium microwave-safe bowl and cover with lid or plastic wrap. If using plastic wrap, make sure plastic wrap is not touching any ingredients and poke one small hole in cover to vent.

Microwave on high for 10 to 12 minutes or until potatoes are tender (cooking time may vary depending on microwave). Use oven mitts to carefully remove from microwave.

When cool enough to handle, cut into large chunks. Thread potatoes, sausage and vegetables on skewers. Grill over medium-high heat for about 10 minutes, turning frequently and brushing with a little of herb mixture during the last few minutes of cooking. Remove from grill and place on platter; drizzle with remaining herb mixture.

Nutrition Facts: Calories: 340; Fat: 18g; Cholesterol: 55mg; Sodium: 680mg; Vitamin C: 200% daily value; Fiber: 4g; Protein: 15g; Potassium: 682mg

### Cookout Potatoes

Prep Time: 30 min. Grill Time: 60 min. Servings: 8

- 1 medium onion, halved and thinly sliced
- 1 1/2 pounds Yukon gold potatoes, very thinly sliced
- 1 1/3 cups shredded low-fat sharp cheddar cheese
- 1/3 cup real bacon bits
- 1/3 cup chopped bell pepper (any color)
- 1/2 teaspoon garlic salt

Spray 9 x 9 x 2-inch foil pan liberally with nonstick cooking spray. Place half the onions, potatoes, cheese, bacon bits, bell pepper and garlic salt in pan. Repeat layers. Cover tightly with foil; grill over medium heat for 1 hour, rotating pan occasionally to avoid hot spots.

Nutrition Facts: Calories: 140; Fat: 2.5g; Cholesterol: 10mg; Sodium: 370mg; Vitamin C: 45% daily value; Fiber: 1g; Protein: 10g; Potassium: 720mg

see [www.EatWisconsinPotatoes.com](http://www.EatWisconsinPotatoes.com).

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ALL LIMITS ARE PER HOUSEHOLD, PER DAY.  
Selection varies by store.

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