



## Fiesta Potatoes

<b>8</b> small to medium russet potatoes, peeled and diced	<b>1</b> medium onion, chopped	parsley, chopped
<b>1</b> green bell pepper, chopped	<b>1</b> cup Mexican blend cheese, shredded	<b>1 tablespoon</b> dried basil, crushed
<b>1</b> red bell pepper, chopped	<b>½ cup</b> margarine, melted	<b>¾ teaspoon</b> salt
	<b>½ cup</b> low-fat milk	<b>¼ teaspoon</b> black pepper
	<b>2 tablespoons</b> fresh	

**Preheat** oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water.

**Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender.

**Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

**Yield:** 12, ½ cup servings

**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>

## Kentucky Potatoes

**SEASON:** Late June to October

**NUTRITION FACTS:** Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

**SELECTION:** Select firm potatoes free from wrinkles, green spots or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying and mashing choose drier varieties such as russet or Yukon Gold.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**STORAGE:** Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

**PREPARATION:** Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

### KENTUCKY POTATOES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
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