



Blue Cheese Potato Salad

3 pounds new potatoes, sliced

1 teaspoon salt

½ cup sliced green onions

1 8-ounce container plain Greek yogurt

½ teaspoon freshly ground pepper

½ cup light blue cheese dressing

½ cup crumbled blue cheese

Place potatoes and salt in a large saucepan and bring to a boil. **Reduce** heat and simmer 7-12 minutes, until potatoes are tender. **Drain** and **cool**.

In a large bowl, **stir** together the green onions, yogurt, pepper, blue cheese dressing and blue cheese crumbles. **Add** potatoes and gently

stir to coat. **Chill** for several hours and **serve**.

Yield: 8, ½ cup servings

Nutritional Analysis: 220 calories, 5 g fat, 2.5 g saturated fat, 20 mg cholesterol, 550 mg sodium, 33 g carbohydrate, 4 g fiber, 3 g sugars, 10 g protein.

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.

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

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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

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



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