



Red Potato Salad

6 medium red potatoes cut into 1½ inch pieces	1 red bell pepper, chopped	¼ cup mayonnaise
4 cups fresh green beans cut into 1½ inch pieces	1 yellow bell pepper, chopped	2 tablespoons red wine vinegar
1 small red onion, chopped	1 cup chopped cherry tomatoes	2 teaspoons fresh oregano
		Salt and pepper

- 1. Wash** vegetables in warm water.
- 2. Boil** potatoes until tender and drain.
- 3. Boil** green beans until tender crisp and drain.
- 4. Place** the potatoes and green beans in a bowl.
- 5. Add** chopped red onions, peppers and tomatoes.
- 6. In** a small bowl, **mix** mayonnaise, red wine vinegar and chopped

- oregano.
- 7. Add** to potato mixture and mix lightly.
 - 8. Season** with salt and pepper. **Mix** well. **Serve** cold.

Yield: 16, ½ cup servings

Nutritional Analysis:
140 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 35 mg sodium, 26 g carbohydrate, 6 g fiber, 3 g sugar, 5 g protein.

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



Kentucky Potatoes

SEASON: Late June–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 when 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.

Source: www.fruitsandveggiesmatter.gov

STORAGE: Potatoes should be kept in a cool, 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.

POTATOES

Kentucky Proud Project

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