

POTATOES RAISE THE BAR AUGUST E-NEWSLETTER



BACK TO SCHOOL WITH POTATOES: PRO TIPS FROM CHEF GARRETT BERDAN, RD, LDN

School is back in session and it's the perfect time to brush up on a few key preparation techniques for potatoes. Teaching today's class is Chef Garrett Berdan, RD, LDN, host of our educational [Potatoes Raise the Bar Video Series](#).

Chef Garrett's Top Preparation Tips for A+ Taters:



- Baking** - The perfect baked potato is crispy on the outside and fluffy in the middle. Russets are the preferred potato type for this method because of their flavor and texture, but you can use any potato type for this method. Pre-heat the oven to 400°F, wash your potatoes of choice and place them on a parchment-lined sheet pan. Then, pierce each potato with a fork and spray lightly with vegetable oil. No need to wrap the potatoes in foil when baking! Cook time may vary depending on the size of the potato and your equipment, but generally, potatoes take about one hour to bake.
- Boiling** - First, wash your potatoes. We recommend red, yellow or purple potatoes because they hold their shape when boiled and have thinner skin, meaning they cook faster. Place the potatoes in a pot and add enough cool water to cover the potatoes. Always

begin cooking potatoes in cool water! When the water around the potatoes heats up, so does the water inside of the potatoes, which allows them to cook evenly all the way through. Set the pan over high heat and bring to a boil. Reduce the heat to a rapid simmer and cook for 10 minutes, or until tender. Drain, then allow the potatoes to stay in the pan over low heat for one minute to dry.

3. Roasting - All potato types taste delicious roasted, from fresh russets to fingerlings, even petites and purples/blues! First, preheat the oven from 400- 450°F. Cut potatoes into halves or quarters and place them in a large mixing bowl. Next, drizzle your spuds with oil and add your favorite seasonings. Stir the ingredients until evenly coated and place wedges in a single layer on a sheet pan. Bake in the preheated oven for about 20 minutes.

For more potato fun facts and tricks from Chef Garrett, watch our full video series, available SchoolPotatoTraining.com. This training program has been approved by the SNA for 1 hour of Continuing Education Credit.

Let's be friends! Connect with us on [Facebook](#) and [Twitter](#) to get the latest and greatest on all things spuds and schools.



OPERATOR OF THE MONTH: DOLORES SUTTERFIELD

Title:

CN Director

District:

Harrisburg School District

Favorite Potato Recipe:

Potato Flake Coconut Cookies

Dehydrated potato flakes star in this recipe Dolores has been making for years!



"The cookies are almost like a sugar cookie (except they have the coconut flavor). They are soft and the kids love them! Our first try with these was several years ago, when we had commodity "bonus" potato flakes. We had potato flakes everywhere!!! We tried this recipe and it was a hit from that day forward. We utilized our potato flakes and had another winning recipe for our students."

Grab Dolores' recipe [here](#).

Follow Harrisburg School District on Facebook, Instagram, and Twitter.

Want to try the sweeter side of potatoes at home? Check out these recipes!



[Potato Protein Cookie](#) [Potato Energy Bites](#) [Chocolate Potato Cake](#)



RECIPE: POTATO WEDGE NACHOS

With National School Lunch Week coming up, there are endless easy-to-execute potato dishes your students will love. Why not try Potato Wedge Nachos?

This fresh take on all-time kid (and adult!) favorite—nachos—is a surefire hit for your operation. Top roasted potato wedges with your favorite traditional nacho toppings, like cheese, beans and salsa-- and there you go--Potato Wedge Nachos! Give this recipe a try and let us know what you think by leaving a review on PotatoesRaiseTheBar.com.

Serving size = 4 wedges with cheese = 1/2 cup starchy vegetable, 1 ounce equivalent meat, meat alternate.

[Download the recipe card!](#)



PotatoesRaiseTheBar.com

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