

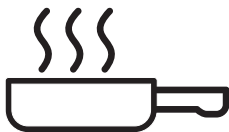
POTATO TYPES

PREPARATION STYLES

From russets, reds, yellows, whites, purples, fingerlings and petites, there are a variety of potato options to fuel the body and the brain throughout the day. Easy to prepare and pair with a variety of cuisines, potatoes lend themselves to convenient meal prep to fuel workouts throughout the week. They can be whipped together with a few healthy ingredients in 30 minutes or less for a delicious meal.



Baked or Roasted



Pan Fried or Sautéed



Mashed



Salads



Soups and Stews



Grilled



Fried



Steamed



Microwaved

TYPE

FEATURES

BEST USES

RUSSET

Thick skin with light and fluffy center



RED

Thin skin and stays firm throughout cooking



YELLOW

Buttery flavor with a creamy texture



WHITE

Thin skin with a nutty flavor and stays firm throughout cooking



PURPLE

Medium skin with an earthy flavor and vibrant color



FINGERLING

Nutty and buttery flavor with a firm texture



PETITE

Similar in taste to their larger-sized cousins with more concentrated flavors

