



INSIDE:

New research to be
published in the *Journal
of the American College
of Nutrition*

Lose the Weight **NOT** the Potatoes

Brought to you by the
United States Potato Board

POTATOES 
GOODNESS
UNEARTHED

45% Daily Supply
of Vitamin C

Naturally
Fat Free

Full of Vitamins
and Minerals

Just the Potato Facts

One medium-size (5.3 ounce) skin-on potato has:

Just 110 calories

45 percent of your daily value of vitamin C

More potassium (620g) than a banana

No fat, no sodium and no cholesterol

About The United States Potato Board

The United States Potato Board (USPB) is the nation's potato marketing and research organization. Based in Denver, Colorado, the USPB represents more than 2,500 potato growers and handlers across the country. The USPB was established in 1971 by a group of potato growers to promote the benefits of eating potatoes. Today, as the largest vegetable commodity board, the USPB is proud to be recognized as an innovator in the produce industry and dedicated to positioning potatoes as a nutrition powerhouse—truly, goodness unearthed.

New Research

Research shows that potatoes can be part of a weight loss regimen

Research accepted for 2014 publication in the *Journal of the American College of Nutrition* demonstrates that people can include potatoes that are prepared in a healthful manner in their diet and still lose weight. This confirms what health professionals and nutrition experts have known for years: when it comes to weight loss, it is not about eliminating a certain food or food groups, rather, it is reducing calories that count.

About the study: The goal of the study was to gain a better understanding of the role of potatoes and the glycemic index in weight loss, largely because some have questioned the inclusion of potatoes in a weight loss regimen due to the vegetable's digestion as a high glycemic index (HGI) food.

Methodology:

Overweight men and women were studied over the course of 12 weeks to determine the weight loss effects of reduced calorie diets rich in potatoes but varying in glycemic index.

Ninety subjects were randomly assigned to one of three groups: (1) Reduced calorie/high glycemic index; (2) Reduced calorie/low glycemic index; (3) Control group with no specific dietary instruction.

All three groups were instructed to consume 5-7 seven servings of potatoes per week.

All three groups lost weight.

Key Learnings:

Losing weight depends on reducing calories, not eliminating a certain food.

There is no evidence that potatoes, when prepared in a healthful manner, contribute to weight gain.

Research to be published in the Journal of the American College of Nutrition in 2014. Research was completed by the University of California, Davis and the National Center for Food Safety and Technology, Illinois Institute of Technology.

For a copy of the research abstract, contact: Meredith Myers at 303-873-2333 or meredithm@uspotatoes.com.



Potato and Edamame Salad

Yield: 4 servings

- 1 1/2 pounds** potatoes, scrubbed and cut into 1-inch cubes
- 1/2 tablespoon** extra-virgin olive oil
- 1 cup** frozen edamame, cooked according to package directions
- 1/4 cup** finely chopped red onion
- 1/2 tablespoon** finely chopped fresh ginger
- 1/4 cup** low-fat mayonnaise
- 2 tablespoons** rice wine vinegar (or white wine vinegar)
- 1/2 tablespoon** low-sodium soy sauce
- 3/4 teaspoon** toasted sesame oil
- 1/2 teaspoon** wasabi powder

In a medium stockpot over high heat, cook potato cubes in water for about 15 minutes, or until fork-tender. Drain the potatoes, then toss them with the olive oil and set aside.

In a large mixing bowl, combine the cooked edamame, red onion and ginger. Add the potatoes and set aside.

Prepare the dressing: In a small mixing bowl, whisk together the mayonnaise, rice wine vinegar, soy sauce, toasted sesame oil and wasabi powder until blended. Add the dressing mixture to the potato mixture and stir well with a wooden spoon to combine.

Potato Verde

Yield: 8 servings

- 1 can (4 oz.)** diced green chilies
(reserve 1 tablespoon)
- 1 cup** green salsa
- 1 can (14 oz.)** fat-free chicken broth
- 1 cup** finely chopped onion
- 2 cups** diced cooked chicken breast
- 3 cups** prepared mashed potatoes
(no fat)

In a small saucepan, combine chilies, salsa, broth, onion and chicken. Cook over medium heat for 15 minutes. Reduce heat to medium/low.

Prepare potatoes and add reserved 1 tablespoon chilies just as potatoes are done cooking.

Serve potatoes on individual plates. Make a well in each serving of potatoes, and spoon verde mixture over the top.





Lime-Basil Potato Tabbouleh

Yield: 3 servings

For the dressing

2 tablespoons fresh-squeezed lime juice

1 1/2 tablespoons prepared pesto

1/2 teaspoon salt

1/4 teaspoon coarsely ground
black pepper

2 large potatoes, peeled and cut
into 1/2-inch cubes

2 medium plum tomatoes, diced

1/2 cup finely chopped fresh parsley

1/4 cup chopped scallions

2 tablespoons chopped fresh basil

In a small bowl, stir together dressing ingredients until blended; set aside.

In a stockpot, in water to cover over high heat, cook the potatoes about 15 minutes, or until fork-tender, but not mushy; drain and transfer potatoes to a large bowl.

Using a wooden spoon, gently toss potatoes with the reserved dressing mixture. Stir in the tomatoes, parsley, scallions and basil until well mixed.

Garden Potato Salad

Yield: 5 servings – Serving Size 1 cup



1 1/2 pounds (about 3 large) potatoes,
boiled in skin, peeled and cut into
1/2-inch cubes

1/2 cup chopped celery

1/4 cup sliced green onion

1 tablespoon chopped parsley

1/2 cup low-fat cottage cheese

3/8 cup skim milk

1/2 tablespoon lemon juice

1 tablespoon cider vinegar

1/4 teaspoon celery seed

1/4 teaspoon dill weed

1/4 teaspoon dry mustard

1/4 teaspoon white pepper

In a large bowl, place potatoes, celery,
green onion, and parsley.

Meanwhile, in a blender or food
processor, blend cottage cheese, milk,
lemon juice, vinegar, celery seed, dill
weed, dry mustard and white pepper
until smooth. Chill for 1 hour.

Pour chilled cottage cheese mixture over
vegetables; mix well. Chill at least 30
minutes before serving.



PotatoGoodness.com



PotatoGoodness.com/e-weekly-recipe-email



pinterest.com/PotatoGoodness



youtube.com/user/PotatoGoodness



facebook.com/PotatoesTatersAndSpuds