



COLORADO STATE UNIVERSITY
EXTENSION

Family Matters

Improving Health Together

October 2024 Newsletter

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Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating.

Colorado Potatoes

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Did you know Colorado is the second-largest potato-growing region in the United States? According to the Colorado Department of Agriculture the San Luis Valley of Colorado produces an average of two billion pounds of potatoes annually.

Good For You

Potatoes contain many essential nutrients. Naturally gluten-free, potatoes are rich in Vitamin C and provide a good source of potassium and vitamin B6 as well. To get the most out of potatoes, eat them with the skin on, as many of the nutrients are abundant right below the skin. Potatoes come in different varieties and colors including white, yellow, purple, red, and orange. Orange sweet potatoes offer a good source of vitamin A, important in immunity and eye health. Purple-flesh potatoes provide a plant compound called anthocyanins, which have antioxidant properties to help fight heart disease and cancer. Because different varieties offer different nutrients, it is best to consume a variety of types and colors of potatoes prepared in a variety of ways!

What About the Carbohydrates?

Some people hold the misconception that they need to cut down on carbohydrate foods, like potatoes, to manage body weight. The truth is, depriving yourself of carbohydrates from foods like potatoes, denies your body essential nutrients. The carbohydrates like starch and fiber in potatoes are a key source of energy for both your brain and muscles.



Helping families increase physical activity and enjoy healthy foods ...

Let's Talk



Family Fun Cooking

Potatoes are one of the easiest and most cost-effective foods to cook with your kids. While cooking you can use your new knowledge of the health benefits of potatoes to teach kids about the importance of a healthy diet. "Potatoes are full of vitamins and other nutrients that can help you grow and stay healthy."

Take your children to the store, have them look for new colors of potatoes and encourage your kids to try potatoes prepared in different ways, roasted, steamed, mashed, smashed or sauteed. Try making smashed purple potatoes to get your whole family excited about dinner!

Recipe for Health

Smashed Purple Potatoes

These Purple Smashed Potatoes with Avocado Cashew Cream are a simple and delicious side dish or appetizer, made with small purple potatoes and a luxurious creamy sauce!

Ingredients:

- 15-20 small purple potatoes (about 1 lb.)
- 1 Tablespoon extra-virgin olive oil
- Salt and pepper, as desired
- 1/2 avocado
- 1/4 cup cashews, soaked for at least 2 hours in water
- Juice of half a lemon
- 1-3 tablespoon water, depending on desired consistency
- Handful of fresh mint or cilantro leaves (plus more for garnish)



Preparation:

1. Wash hands and food contact surfaces with soap and water.
2. Scrub potatoes under running water.
3. Boil whole purple potatoes in a large pot of salted water for 10-15 minutes, or until fork tender. Drain and let cool for a few minutes.
4. Preheat the oven to 400°F. Place cooled potatoes on a baking sheet and use a fork to smash them down, while still leaving the whole potato intact.
5. Drizzle the smashed potatoes with olive oil and sprinkle with salt and pepper. Bake for 30-40 minutes, or until they've reached your desired crispiness.
6. While the potatoes are roasting, time to make the avocado cashew cream! Place 1/2 avocado, 1/4 cup of soaked cashews, juice of half a lemon, salt, pepper, and a handful of mint or cilantro in a high-speed blender or food processor. Puree, adding in 1-3 tablespoons of water while it blends until it reaches your desired consistency.
7. Once the smashed potatoes are crispy, drizzle them with the avocado cashew cream. I used a zip lock bag to drizzle (I just cut a tiny piece off one of the corners), but feel free to use a spoon or fork. Garnish with remaining herbs. Sprinkle with a little more salt and pepper, then serve immediately!
8. Store leftovers in a covered container in the refrigerator for up to 4 days or freeze.

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