



# Yukon Gold Potatoes

Striking Gold with Yukon Gold Potatoes!



## Nutrition Tips to Increase Yukon Gold Potato Consumption

- For an evening meal, set up a baked potato bar. Have each family member “decorate” their own potato. Here are a few suggestions for potato toppings.

Broccoli	Mixed veggies	Shredded cheese
Tomatoes	Pineapple	Cooked chicken
Green onions	Sour cream/yogurt	Cubed ham
Salsa		
- Jazz up your traditional mashed potatoes. Add chopped chives, garlic, or dried herbs.
- For a colorful side dish serve a mixture of roasted Yukon gold potatoes, red potatoes, and purple potatoes.

## Nutrition Food Activities for Children

- Teach your child a new meal preparation word such as “Mise en Place,” a popular French phrase, meaning everything in place.
  - Then have your child gather all of the materials needed for meal preparation such as recipes, ingredients, mixing bowls, pots/pans and kitchen utensils.
- Allow your children to mash the potatoes using a potato masher or heavy fork/spoon.
- Check out the following books at your local library:
  - *One Potato, Two Potato* by Cynthia DeFelice
  - *Pigs Love Potatoes* by Anika Denise
  - *Potatoes, Potatoes* by Anita Lobel

### Potato Fries

(serves 4)

#### Ingredients:

- ¼ cup Parmesan cheese
- 1 Tbsp. olive oil
- 1 tsp. dried basil
- ½ tsp. seasoning salt
- 4 medium Yukon gold potatoes, cut into fries



#### Directions:

1. Preheat oven to 425 degrees.
2. Coat a cookie sheet with non-stick cooking spray.
3. Place potato fries on a cookie sheet.
4. Toss oil and seasonings together and drizzle over potato fries.
5. Bake 425 for 15-20 minutes, or until done.

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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Eat More Fruits and Vegetables!

