

Potatoes



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Potatoes are starchy root vegetables that grow underground. They come in a variety of colors, sizes, and flavors.

How to Use Them

Potatoes can be baked, broiled, steamed, or fried. Serve them as a main dish, a side, or add them to soups or stews.

How to Store Them

Store potatoes at room temperature, separate from onions to prolong freshness. Wash before using. Once cut, store potatoes in the refrigerator.

Why Eat Them?

Potatoes contain carbohydrates which provide the body energy. Potatoes are also high in potassium, a nutrient that is under consumed and important for overall health.

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Garlic-Rosemary Smashed Potatoes

Makes 4 servings



Ingredients

- 1 pound potatoes, rinsed and cut into quarters or halves
- 2 tablespoons oil, divided
- 3 cloves garlic, finely chopped
- 1 teaspoon fresh rosemary, chopped or ½ teaspoon dried rosemary
- ½ teaspoon salt
- ¼ teaspoon pepper, ground

Directions

Wash hands with soap and water.

1. Preheat oven to 425 °F. Place a large, rimmed baking sheet in the oven to preheat.
2. Boil potatoes for 6–8 minutes, or until fork tender.
3. Meanwhile, combine 1 ½ tablespoons oil, garlic, rosemary, salt, and pepper in a small bowl.
4. Brush the hot baking sheet with the remaining ½ tablespoon oil. Place the potatoes on the pan, skin-side up, and smash with the bottom of a jar or smooth side of a meat mallet. Drizzle with the garlic oil.
5. Roast until browned on the bottom, about 15 minutes.



Recipe adapted from
[Cherokee Tribal Food Distribution Program.](#)

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