



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

The Power of Potatoes



Potatoes provide key nutrients at an affordable price.

Along with carrots and sweet potatoes, they have the highest nutrients per dollar for potassium, fiber, protein, vitamins C & E, calcium, iron and magnesium.

Stock up when they're on sale.

Carefully storing your potatoes can help them last longer and taste better.

Keep potatoes in a pantry or cabinet where it's cool, dark, and well-ventilated.

Avoid storing them on countertops, next to appliances or under the sink where it could get warmer. Greening of the potato skin is the build-up of Solanine. It is a chemical produced by exposure to too much light and causes a bitter taste.

Potatoes fuel your body and brain - containing the carbohydrate, potassium and energy you need to perform at your best! So, stop avoiding potatoes and serve up this American favorite for any meal.

Be sure to pair it with protein to slow its blood sugar affects.

Fiesta Potatoes with Chicken

Ingredients:

- 1-1/2 lbs. (5 medium) russet potatoes, washed and cut into 1/2 moons
- 1-1/2 lbs. boneless, skinless chicken breast
- 1 Tbsp. olive oil
- 2-1/2 Tbsps. chili lime seasoning
- 8 oz. shredded pepper jack cheese
- 1/2 cup fresh salsa



Recipe (edited) and image courtesy of Potatogoodness.com.

Directions:

1. Preheat the grill or oven to 400° F. If cooking over an open flame without a thermometer, note that cook time may vary slightly.
2. Place the potatoes and chicken onto a large square of aluminum foil.
3. Drizzle the chicken and the potatoes with the olive oil and season with the chili lime seasoning.
4. Wrap the foil around the food by creating an envelope style fold over the top and rolling the edges up, this will make it easier to check the temperature of the meat.
5. Place the foil pouch into the oven or over the campfire on a grate. Allow the packages to cook for about 30 minutes or until the potatoes are tender and the juice from the chicken run clear. Rotate the foil package around the heat from time to time to prevent scorching.
6. Remove the chicken from the foil package and allow it to rest slightly while completing the dish.
7. To finish the dish, top the potatoes with the shredded pepper jack cheese and place back in the oven or on the fire to allow the cheese to melt.
8. Slice the chicken breast and place it on top of the potatoes.
9. Top the chicken breast and potatoes with prepared salsa and enjoy.