

Eat Well, Play Hard Wayne County & New York Harvest for New York Kids Week

Enjoy the bounty from Wayne County!

Potatoes, Carrots & Onions

Potatoes

- Choose firm potatoes without green spots
- To keep fresh, store apart from onions in a cool, dry place for up to 2 weeks
- Potatoes contain potassium, which is good for a healthy heart
- Wash and scrub potatoes before baking, so you can eat the skin to get the most nutrition

Carrots

- Choose firm carrots that are smooth and without cracks
- To keep fresh, refrigerate unwashed carrots for up to 2 weeks.
- Carrots contain Vitamin A, which is good for healthy eyes and skin
- Eat carrot sticks plain, or with low fat dressing or dip
- Shred carrots into soup or salad

Potatoes are easy to bake!

- Bake cleaned potatoes in a 400 degree oven for 40-50 minutes or until soft when pierced with a fork

Microwaving Potatoes

- Wash and pat dry potatoes. Poke several holes in potato to allow steam to escape while cooking.
- Microwave on high 5-6 mins for a medium-sized potato. Allow potato to rest several minutes before cutting

Onions

- Choose onions without soft spots or sprouts
- To prepare onions, remove the papery skin and first layer before Using
- To keep fresh, store away from Potatoes in a cool, dry place for up to 2 weeks
- Onions contain potassium, which is good for a healthy heart



Easy Oven Fries (Makes 2 cups)

Get your kids cooking!

Make the oven fries and dip together. Kids can help measure and stir ingredients. The whole family will enjoy these recipes.

Vegetable Dip

Ingredients:

1 cup light sour cream
1 cup fat-free plain yogurt
1 envelope Ranch dry salad dressing

Directions: Add all ingredients to a bowl and mix well. Chill about 2 hours before serving. Serve with your favorite veggies.

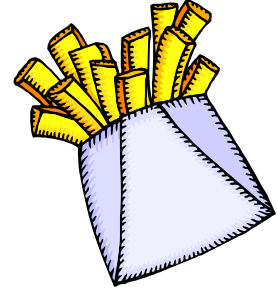
Recipe from CCE Wayne County Nutrition Educator

Nutrition Info:

Serving size: 2 Tbsp,
25 cal, 0.5 g fat, 65 mg sodium, 1 g carbohydrate

Ingredients:

1 cup white or red potatoes
1 cup sweet potatoes
2 tsp vegetable oil
Salt and pepper to taste



To Prepare:

- Preheat oven to 425 degrees.
- Place oil in mixing bowl.
- Wash and peel potatoes.
- Put one potato on cutting board. With sharp knife, cut potato in half lengthwise.
- Place potato halves flat side down, and cut each crosswise. Cut each quarter into 4 or more slices. Thinner strips will cook faster.
- With flat sides down, continue to turn and cut all potatoes into thin strips. Keep strips same size for even cooking.
- Place strips in mixing bowl. Mix to coat evenly with oil. Continue cutting and mixing potato strips.
- Spread potatoes on baking sheet. Place sheet in preheated oven. Bake 15 minutes, or until tender and evenly browned.

Recipe Adapted from Cornell University's Cooking up Fun, Vary your Veggies Program 2009

Nutrition Info:

Serving size: 1/2 cup, 80 cal, 2.5 g. fat, 13 g carbohydrate, 1 g. fiber, 20 mg sodium

Take an active role in your family's health— lead by example!

Include fruits and vegetables regularly in your meals and snacks.

Remember to rinse all fruits and vegetables with running water before using!