

Daily Union Article
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Title: Pass the Potatoes Please!

Thanksgiving is in the rearview mirror, but for many of us, we are just getting started on a whirlwind calendar of scheduled feasts and fares. With those events ahead of us, we are still planning and preparing a variety of meals.

Do you want to find some ways to switch up your holiday menus? Sometimes simply substituting a main ingredient can add some savory twists to the old traditional standbys.

Have you ever thought about using a different kind of potato for your mashed potatoes, potato salad or casserole potato dish? There are a lot more potato options on the market than you might realize. Take a look at some of the options:

As far as potatoes go, russet potatoes have a fairly neutral potato flavor and possess a creamy and soft texture. These potatoes are best suited for baking, roasting, mashing and making fries. Because of their absorbent nature, adding milk and butter for mashing capitalizes on this tasty combination. They are not very well suited for potato salads or other menu items that require them to hold their shape. Russet potatoes are available year-round which lends themselves to being a staple in most American homes.

The classic red potato is commonly harvested in late summer and early fall so you will find them more economical to purchase when in season. They have a bright shiny red skin with creamy white flesh on the inside. They have a slightly bitter taste. Because of their firm, moist and waxy texture, they are ideal for soups, stews, boiling, and roasting. They work great in a potato salad or casserole because they hold their shape so well. Although you can mash them if you're in a pinch, the flavor and texture of the final product is not ideal and wouldn't likely win in a culinary contest.

And then we have the Yukon gold – a great all-purpose potato. When you cut through a Yukon Gold potato, you can immediately feel the difference from either the russet or the red potato. They have a dense, yet flakey yellowish-white skin with a bright and light yellow smooth flesh on the inside. With their light and sweet flavor, they are great for boiling, baking, frying, grilling, and roasting. I like to mash them, substituting half of the milk with chicken broth to add more flavor to the potato's buttery flavored base. They are in season during the late summer and early fall, so availability and affordability vary throughout the year.

If you really want to spice up your spuds, look for blue and purple potato varieties. Most commonly available in the fall, these potatoes are great for roasting, grilling, baking, or served in salads. Their firm moist flesh gives them the texture fit for use in salad. If you want to preserve the purple/blue color, microwaving is the best cooking

method. Steaming and baking are alternative preparation methods, as well. The taste of these taters is more characteristically nutty than other potatoes. They have an unusually dry and starchy texture. You can really make a blue potato stand out by combining it with both white and red potatoes to make a “patriotic” potato salad.

Yet another type of potato is the fingerling. Fingerlings have a long and lean profile and are typically two to three inches in length. The skin on fingerlings is buff-yellow in color and very thin. Although more difficult to find in the market, you can also purchase fingerlings that have red, orange, purple, or white skins. The inside flesh color is varied as well: red-orange, purple, yellow, or white flesh – sometimes streaked with veins of color. They have a slightly nutty and earthy mild flavor. They lend themselves well to boiling, baking, roasting, and potato salads because of their tendency to hold shape when cooked. Think about the color you can add to the holiday menu using fingerlings!

Need a kick-start? You will find a recipe using fingerling potatoes provided with this article. These roasted fingerling potatoes are perfect for a holiday meal: quick and convenient, but still plenty dressy. They cook in about the same time it takes for a large roast to rest before carving. Bake the potatoes in their jackets so the outsides get nice and browned while the buttery interiors gently cook through.

Roasted Rosemary Fingerling Potatoes Yield - Serves 10 (serving size: 2/3 cup)

Hands-on Time: 15 Mins

Total Time: 42 Mins

Ingredients

- 1 tablespoon chopped fresh rosemary
- 2 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 shallots, thinly sliced
- 2 pounds fingerling potatoes, halved lengthwise (about 6 cups)
- Cooking spray
- 2 teaspoons minced fresh chives

Nutritional Information

- Calories 94
- Fat 2.8g
- Saturated Fat 0.4g
- Monounsaturated Fat 2g
- Polyunsaturated Fat 0.3g
- Protein 2g
- Carbohydrate 16g
- Fiber 1.6g

How to Make It

Step 1: Preheat oven to 425°.

Step 2: Combine first 6 ingredients in a large bowl, tossing to coat. Arrange potato mixture on a foil-lined jelly-roll pan coated with cooking spray. Bake at 425° for 27 minutes or until potatoes are tender, turning after 15 minutes. Sprinkle evenly with chives.

Recipe Source: <http://www.myrecipes.com/recipe/roasted-rosemary-potatoes>
MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Enjoy the holiday season and don't let yourself feel confined to all the traditional menu choices – but don't mess with grandma's banana cream pie! Until next time, keep living resourcefully!