

## SPEEDY WAYS TO COOK UP A CALIFORNIA NEW POTATO:

As with any potato, rinse and scrub potatoes well with a stiff brush. Leave the delicate skins on if you prefer, or peel. Because our California potatoes are so fresh, you'll find they cook up faster, and sweeter, too!

### TO BOIL:

Place in a saucepan with water or broth to cover potatoes by 1/2 inch. Boil over medium heat for:  
10 to 12 minutes for 1/2-inch chunks  
6 to 7 minutes for 1/4-inch thick slices

### TO MICROWAVE:

Place cut-up potatoes in a microwaveable dish with 1/4 cup water and cover three-fourths of the dish. For whole potatoes, puncture skins several times with a fork. Let stand for 2 minutes afterward to allow them to finish cooking.  
5-7 minutes for 1/2-inch chunks  
3-3½ minutes for 1/4-inch-thick slices  
3½ -4½ minutes for one whole medium potato

### TO OVEN-BAKE:

Preheat oven to 350-375 degrees F. for whole baked potatoes; or 450 degrees F. for potato wedges:  
45-55 minutes for 350 degrees F. —Whole baked  
35-45 minutes for 375 degrees F. —Whole baked  
13-16 minutes for 1/2-inch wedges baked at 450 degrees F.

### FAST & EASY TOPPING

Aside from the traditional favorite toppings; try these:

- Sautéed onions and shredded mozzarella cheese, melted
- Crumbled feta cheese, sliced olives and chopped tomato
- Sautéed chopped red, yellow and green sweet peppers
- Slivers of smoked salmon, a dollop of caviar, and grated red onion
- Chopped anchovies and sliced olives
- A spoonful of herbed cheese spread
- Baked beans and shredded cheese
- Light blue cheese salad dressing
- Salsa, any kind



**WHEN YOUR THOUGHTS TURN TO LIGHTER MEALS IN SPRING AND SUMMER, THAT'S THE PERFECT TIME TO THINK OF POTATOES! CALIFORNIA NEW POTATOES, TO BE EXACT.**

Grown in the fertile San Joaquin Valley, these delicately-flavored potatoes are harvested as soon as they're grown and never stored, so they have thin, light brown skins and a sweet, mild flavor.

Our annual fresh harvest of California New Potatoes means you'll have potatoes that are not only fresh—they're fast!! Their freshness means they cook up quicker than an everyday russet potato that's been stored for weeks or months. Whether you microwave, boil, bake or grill these marvelous spuds, you'll be surprised at how quickly they cook. And the mild taste of these potatoes makes them deliciously compatible with your favorite herbs, spices and condiments.



fast  
&  
fresh



**Easy Recipes from California Potatoes – We're Here to Help!**



## CALIFORNIA NEW POTATO VARIETIES

**Yukon Golds** — Beautiful pale gold skins, round to oval in shape, with a butter-gold flesh and a firm, waxy texture. Superior rich flavor.

**Norkotah Russets** — Resembling a basic russet potato, with an elongated oval shape, brown skin and white flesh that turns fluffy when cooked. Best all-purpose potato.

**Long Whites** — More slender than a basic russet with smooth, thin white skin and firm white flesh. Moist taste. Also called a White Rose.

**Round Reds** — Round shape with bright pinkish-red skin, may be small to large in size. Firm white interior with a moist, clean flavor. The most popular new potato.

## SAVVY POTATO SHOPPING

How do you choose the ideal *California New Potato*? Look for fairly clean, firm and smooth potatoes. Choose potatoes that are about the same size, for more even cooking. Pass up potatoes that are wrinkled, sprouting, or that exhibit dark spots or a green appearance; these are all signs of spoilage.

## STORING TIPS

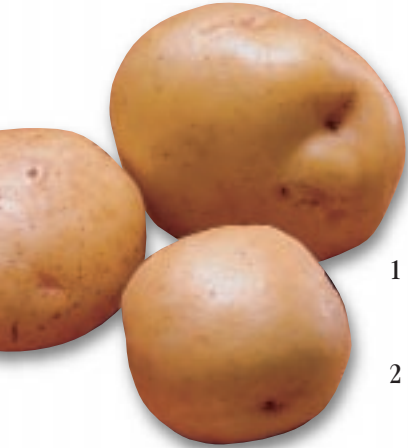
Store your potatoes in a cool, dry, well-ventilated space. The worst environment for storing potatoes is in a plastic bag in a humid area; that's guaranteed to speed up spoilage.

## NUTRITION FACTS:

*California New Potatoes are nutritious with just 100 calories per serving. Potatoes are fat-free, cholesterol-free, saturated fat-free and sodium-free. Potatoes are high in Vitamin C and are a good source of Vitamin B6 and dietary fiber.*



## GRILLED CHICKEN, POTATO & MELON SALAD



*This salad is even prettier served in melon shells!*

- 1 L (4 c) (packed) torn mixed lettuce, or prepackaged lettuce mix
- 2 boned, skinned chicken breasts, grilled or roasted, and cut into bite-sized strips

- 375 mL (1½ c) sliced, cooked California New Potatoes
- 375 mL (1½ c) fresh melon chunks (watermelon, cantaloupe, honeydew, or a mix)
- 125 mL (½ c) seedless red or green grapes, halved
- Bottled light blue cheese or French dressing

In a large bowl toss together the mixed lettuce, chicken, potato slices, melon and grapes. Drizzle dressing over salad and toss gently to coat. Serve in melon shells or on chilled dinner plates. Makes 2 to 3 servings.

### NUTRITION FACTS PER SERVING:

Energy 462 calories (1940 KJ), Protein 40 g, Fat 12 g, Carbohydrate 49 g, Dietary fibre 5.1 g, Vitamin C 108% Recommended Daily Intake, Folate 70% Recommended Daily Intake, Magnesium 37% Recommended Daily Intake.



For more information, write:  
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 Visit our website: [www.calnp.org](http://www.calnp.org)

## ITALIAN POTATO PIZZA

*Sweet onions, garlic, rosemary, mozzarella and Parmesan cheeses lend their marvelous flavors to the surprise ingredient in this pizza--potatoes!*

- 375 mL (1½ c) sliced yellow onions
- 30 mL (2 Tbsp) butter
- 15 mL (1 Tbsp) brown sugar
- 1 purchased 12-inch (30cm) pre-baked Italian pizza crust
- 5 mL (1 tsp) olive oil
- 2 cloves minced garlic
- 250 mL (1 c) sliced cooked California New Potatoes
- 125 mL (½ c) sliced fresh mushrooms
- 10 mL (2 tsp) fresh chopped rosemary, basil, or thyme
- 150 mL (⅔ c) shredded mozzarella cheese
- 75 mL (⅓ c) shredded fresh Parmesan cheese

Preheat oven to 450 degrees F. In a large skillet sauté onions in butter and brown sugar until tender and caramel-colored, about 5 minutes. Remove from heat.

Place the pizza crust on a baking sheet. Brush with the oil; then spread garlic over crust. Arrange potato and mushroom slices evenly over crust; then spoon cooked onion over vegetables. Sprinkle on rosemary and cheeses. Bake for 10 to 12 minutes, or until cheeses are melted. Cut into wedges and serve immediately. Makes 1 pizza.



### NUTRITION FACTS PER SERVING:

Energy 288 calories (1210 KJ), Protein 10 g, Fat 12 g, Carbohydrate 34 g, Dietary Fibre 2.3 g

## CALIFORNIA COAST POTATO SALAD

*You can make this an easy main-dish salad by adding chunks of a rotisserie-grilled chicken you picked up at your supermarket deli!*

- 450 g (1 lb) California New Potatoes, cut into 1/2-inch chunks
- 250 mL (1 c) half-slices of cucumber
- 1 medium tomato, cut into bite-sized wedges
- 125 mL (½ c) sliced red onion
- One 70 mL can (2 fl. oz. or ¼ c) sliced pitted ripe olives, drained
- 50 mL (¼ c) red wine vinegar
- 50 mL (¼ c) olive oil
- 10 mL (2 tsp) chopped fresh rosemary or oregano
- 1 clove garlic, minced
- Salt and pepper to taste
- Romaine lettuce leaves

Place potatoes in a microwaveable dish with 50 ml water; micro-cook, partially-covered, on High for about 5 minutes, or until fork-tender. Rinse in cool water and drain well. (Or, boil potatoes in water to cover for 10 to 12 minutes.)

In a large bowl gently toss together the drained potatoes, cucumber, tomato, onion and olives. For the dressing, in a shaker jar combine the vinegar, oil, rosemary, garlic, salt and pepper. Cover and shake well. Pour over salad and toss to coat. (Salad can be served at this point, or covered and chilled up to 24 hours before serving.) To serve, line a platter or salad bowl with romaine leaves; spoon salad onto lettuce. Makes 4 to 5 servings.

### NUTRITION FACTS PER SERVING:

Energy 242 calories (1020 KJ), Protein 2.7 g, Fat 16 g, Carbohydrate 25 g, Dietary Fibre 2.8 g, Vitamin C 37% Recommended Daily Intake. Because this recipe provides more than 30% of calories from fat, balance your diet with lower fat foods.



## GARLIC & HERB SMASHED POTATOES

*Who says you have to use butter and cream for to-die-for mashed potatoes? These potatoes taste fabulous without those fatty extras!*

- 600-675 g (1⅓ to 1½ lb) California New Potatoes (5 to 6 unpeeled potatoes)
- 875-1000 mL (3½ to 4 c) low-fat chicken or vegetable broth
- 2 garlic cloves, peeled
- 50-125 mL (¼ to ½ c) nonfat milk
- 15 mL (1 Tbsp) each chopped fresh basil, thyme, and chives, or 1 teaspoon dried herbs, crushed
- 15 mL (1 Tbsp) low-fat margarine spread
- Salt and pepper to taste

Scrub potatoes well; peel if desired. Halve potatoes lengthwise, then cut crosswise into 1 cm slices. Place in a 3-quart saucepan with chicken broth and garlic cloves to cover. Bring to boiling; reduce heat. Simmer for 10 to 12 minutes, or until fork-tender.

Drain well, reserving the broth for another use, if desired\*. Mash the potatoes and garlic with milk, herbs, margarine spread, and salt and pepper to taste. Use more milk for a creamier texture. Serve hot. Makes 4 servings.

\* This nutrient-filled liquid can be used in soups, sauces, or to cook other vegetables. Store in covered container in the refrigerator for up to 3 days.

### NUTRITION FACTS PER SERVING:

Energy 145 Calories (610 KJ), Protein 5.6 g, Fat 1.6 g, Carbohydrate 27 g, Dietary Fibre 2.3 g, Vitamin C 28% Recommended Daily Intake.

