

Nutrition Bites



Potatoes: more than just comfort

The potato belongs to the nightshade family, whose other members include tomatoes, eggplants, peppers, and tomatillos. They are the swollen portion of the underground stem which is called a tuber and is designed to provide food for the green leafy portion of the plant.

- Potatoes carry a number of nutrients, including fiber, minerals, vitamins, and phytonutrients. When organic, they can be eaten with their skins, which provide added health benefits, and small, red-skinned potatoes are the most nutritious.
- A baked potato is an exceptionally healthful high fiber food that offers significant protection against cardiovascular disease and cancer. It is better eaten with a small amount of healthy fats, such as grass-fed butter or olive oil, to increase the availability of vitamins and slow down the carbohydrate delivery in the blood (which turns to sugar).
- It is best not to overcook potatoes, as their level of resistant starch will be higher, and this is a good thing: resistant starch, like fiber, ends up in the large intestine, where it's thought to help improve bowel regularity. Cooling your cooked potatoes can provide more resistant starch as well.



Featured Vegetable: Bodega Red Potato

- Read about the Bodega Red's history on the back of this page.
- Very good source of vitamin B6, important for formation of new cells, to support nervous system, and for cardiovascular health.
- Good source of potassium, copper, vitamin C, manganese, phosphorus, vitamin B3 (niacin), dietary fiber, and vitamin B5 (pantothenic acid).
- Good source of antioxidants
- The skin is a concentrated source of dietary fiber.

This Week's Recipe

Source: World's Healthiest Foods < <http://www.whfoods.com>>

Niçoise-Inspired Potato Salad

4 cups Bodega Red (or Yukon Gold potatoes), diced and roasted or boiled	1/4 cup red onion, minced
4 cups cauliflower florets	3 Tbs red wine vinegar
1 cup marinated artichoke hearts, drained	1 lemon, zest and juice
1/2 cup kalamata olives, pitted and sliced	1 Tbs Dijon mustard
1/4 cup fresh parsley, chopped	1/4 tsp salt and pepper
2 Tbs fresh dill weed, chopped	1/2 cup olive oil
2 Tbs fresh basil, chopped	2 Tbs capers drained

1 Cook the potatoes in plenty of boiling water just until tender when pierced with a fork. You want the potatoes tender but not falling apart. Drain and then cover with cold water. **Or** toss lightly with olive oil and roast in a 300 oven until tender and golden, 45 minutes or so.

2 While the potatoes are cooking, whisk together the red wine vinegar, lemon juice and zest, Dijon, salt and pepper and olive oil. Stir in the capers and chopped fresh herbs.

3 When the potatoes are done cooking, toss them with about 1/2 the dressing and let them marinate.

4 Cook the cauliflower and any other vegetables that you are including separately in boiling water just until they are crisp tender. Rinse under cold water and drain very well. Add them to the potatoes.

5 Add the olives and artichoke hearts along with the remaining dressing. Toss gently to combine.

Makes 4 servings (2 quarts) | Total time: 1 hour