

VEGETABLE of the MONTH

Cooking for Kids

Microwave Potato Chips

Serves 4, Prep: 35 minutes

Try making this healthier version of potato chips instead of buying them at the store.

Ingredients:

- 1 potato
- 1 tablespoon olive oil
- Cooking spray
- ½ teaspoon salt

Directions:

1. Slice potato into paper-thin rounds using a vegetable peeler or mandolin.
2. Put oil, salt, and potato slices into a plastic bag. Toss around until slices are evenly coated (you may add other spices of your choice like garlic salt, pepper, or seasoning mix).
3. Lightly spray a large dinner plate with cooking spray. Arrange potato slices in a single layer on plate.
4. Cook in the microwave for 3-5 minutes or until lightly browned (turn chips over half-way through cook time). Repeat for remaining potato slices.

Recipe by Heidi P Rodriguez, 2013.

Books

Grades K-2

Pigs Love Potatoes by Anika Denise

Grades K-5

From Eye to Potato by Ellen Weiss

The Incredible Edible Potato



Just the Facts

→ Potatoes are the most popular vegetable grown in the U.S. In WA they are grown in Skagit Valley, the Columbia Basin, and Yakima Valley.

→ In 2012 Washington potato growers raised 164,000 acres of potatoes!

→ Whole potatoes are very nutritious for us. They are naturally low in calories and fat.

→ Potatoes are excellent sources of vitamin C and good sources of potassium and Vitamin B6.

→ The potato was the first vegetable to be grown in outer space by astronauts in 1995.

Did You Know?

This month on the school menu you can enjoy POTATOES:

- Diced and roasted
- Mashed
- Baked as fries

Check with your kitchen to see if baked potatoes are served!

Washington is the 2nd top potato-producing state. Many types of potatoes are grown here→



Reds



Yellows



Purples



Russets



Fingerlings



Petites



Whites

For more information, see:

- <http://www.potatogoodness.com/>
- <http://www.potatoes.com>

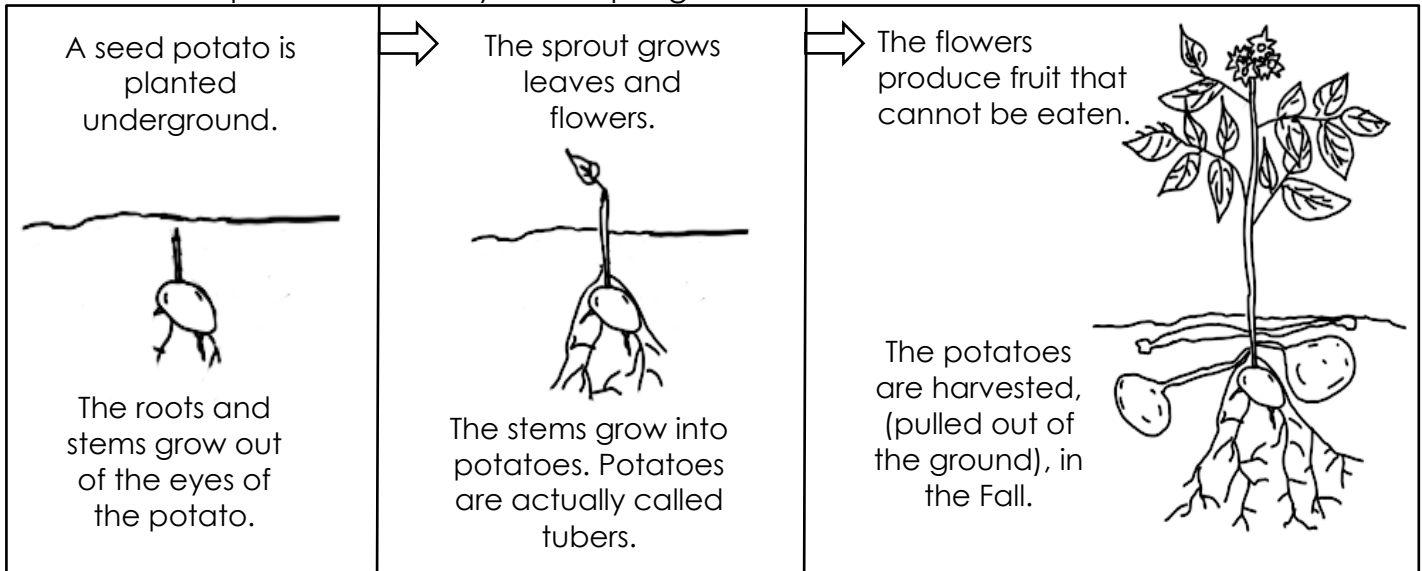


Created by: The EPS Food & Nutrition Services

Activity: Potatoes

How do potatoes grow?

Potatoes are planted annually in the spring:



Scrambled Words:

- | | | |
|-------------|------------------|------------|
| 1. unnallay | 4. dees otatopes | 7. yees |
| 2. llaf | 5. Otors | 8. lowersf |
| 3. ubert | 6. tsems | 9. tifru |

DIRECTIONS: Unscramble the scrambled words and write them into the story below. Look at the potato pictures for hints:

Potatoes are planted ¹_____ in the Spring. They are harvested in the ²_____. The potato is actually a stem called a ³"_____" and grows underground. Potatoes are grown by planting ⁴_____ . ⁵_____ and ⁶_____ grow from the ⁷_____ of the potato. The stem that grows out of the eye is the "tuber" or potato. Potato plants have leaves and ⁸_____. The flowers grow into ⁹_____ that look like green tomatoes but are not edible. When harvested, potatoes are pulled out from the dirt and are sent around the world to be eaten.