



Your guide to

Potatoes

Bonus:
5 easy
recipes



Potatoes may be one of the most misunderstood vegetables. Some think they're too high in carbohydrates to be part of a healthy eating plan. Yet, they're hugely popular—the most-eaten veggie in the United States, in fact. Our take on potatoes? When it comes to both flavour and nutrition, these veggies have loads of appeal (pun intended).



They're nutrient packed

One medium-sized potato, baked with the skin on, has 110 calories and 26 grams of carbohydrates. It provides 2 grams of fibre and 3 grams of protein, both of which help you feel satisfied when you eat one. A plain potato has no fat or cholesterol, and no sodium.

Along with some quick energy, that medium potato provides 15% of your daily need of blood-pressure-balancing potassium—that's more than a banana! It also has 30% of the antioxidant vitamin C you need each day. In addition, it's a good source of vitamin B6, which helps your body process carbohydrates and protein.

They're satisfying and versatile

From Yukon Golds to russets, blue and red to fingerlings, there is a wide range of potatoes to choose from. One thing all potatoes have in common is that they are a great source of energy in the form of complex carbohydrates.

Whether you like them mashed, smashed or hashed, oven roasted or whipped, there are so many ways to enjoy potatoes. Too many potatoes, of course, can add up to more calories and carbs than you may be aiming for. But by keeping portions moderate (as we have in the recipes in this guide), you can get the benefits of potatoes with none of the drawbacks.



3 quick, healthy potato recipes ↗



Breakfast

Spicy potato taco bowl

Move over, plain breakfast potatoes. Flavourful roasted potatoes make this satisfying morning meal shine.

Ingredients

1 medium Yukon Gold potato, cubed
¼ tsp ground chipotle
¼ tsp chili powder
¼ tsp garlic powder
1 tsp olive oil
2 cups baby spinach, washed
½ cup no-salt-added black beans, drained and rinsed
2 tsp salsa
1 large egg
Hot sauce (optional)

Preparation

Makes: 1 serving
Preparation time: 35 minutes
Cook time: 30 minutes

Preheat oven to 425°F. In a small bowl, toss together potato cubes, ground chipotle, chili powder, garlic powder and olive oil. Pour mixture onto a baking sheet and cook in oven, tossing every 10 minutes until cubes are fork-tender and crispy on the outside, about 20-30 minutes total.

While the potatoes are cooking, place baby spinach into a serving bowl. Top with black beans and salsa.

In a pan, prepare the egg your favourite way—scrambled, sunny-side up or fried are all good options. Place cooked potatoes and egg on top of the spinach and salsa. Top with hot sauce to taste.

Nutrition per serving (around 3 cups)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
356	11 g	2 g	204 mg	186 mg	52 g	8 g	3 g	16 g	1,477 mg



Lunch

Loaded baked potato

Oven-bake a potato ahead of time and you have an easy lunch ready to go with just a few simple steps.

Ingredients

1 medium russet potato,
baked

1 cup frozen broccoli,
steamed in microwave

1/4 cup shredded low-fat
cheddar cheese

1/2 cup nonfat Greek yogurt

2 scallions, chopped

Preparation

Makes: 1 serving

Preparation time: 5 minutes

Cook time: 1 minute

In a microwave-safe serving bowl, assemble your potato. Slice potato in half, lengthwise, keeping the bottom potato skin intact. Separate the halves of the potato and fill with broccoli and cheddar cheese (some may spill over into the bowl). Microwave for around 30 seconds, until cheese is melted. Remove from microwave. Top with Greek yogurt and chopped scallion.

Nutrition per serving (one potato with toppings)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
319	4 g	2 g	208 mg	10 mg	52 g	6 g	8 g	23 g	1,549 mg



Dinner

Sheet pan Greek chicken & potatoes

Serve with a mixed greens salad or your favourite steamed non-starchy veggie for a delicious balanced plate.

Ingredients

- 1 lb red potatoes, cut into 1-2-inch pieces
- 1/3 cup olive oil
- 2 Tbsp lemon juice
- 3 garlic cloves, crushed and chopped
- 1 Tbsp dried or fresh oregano
- 1 Tbsp dried or fresh dill
- 1½ lb chicken breast (4 breasts)
- 1 lemon, sliced

Preparation

- Makes: 4 servings*
Preparation time: 15 minutes (plus 2 hours to marinate)
Cook time: 40 minutes
- Fill a medium pot with water and bring to a boil. Add potatoes and boil for 5 minutes, or until just tender. Drain in colander and cool.
- In a medium bowl, whisk together olive oil, lemon juice, garlic, oregano and dill. Add cooled potatoes and chicken breasts to the bowl and toss until everything is coated with the marinade. Refrigerate for around 2 hours.
- Preheat oven to 400°F. Spread mixture onto a baking sheet. Bake for 20 to 30 minutes, until chicken is cooked through. Garnish with lemon slices.

Nutrition per serving (1 chicken breast and ¾ cup potatoes)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
428	21 g	3 g	97 mg	109 g	20 g	3 g	1 g	39 g	1,208 mg