



# Give me some skin!

*potato skins, that is!*

**Eating your potatoes with their skin-on has many nutritional benefits!**



→ **POTATO SKINS  
COME IN A VARIETY  
OF COLORS- FROM  
RED TO BROWN TO  
YELLOW AND EVEN  
PURPLE!**

**One medium-sized (5.3oz) potato with the skin on has:**

Just 110 calories!

No fat, sodium or cholesterol!

Nearly half your daily value of vitamin C! In fact they have more vitamin C than one medium tomato (40% DV) or sweet potato (30% DV). Vitamin C is important for healthy skin and gums.

More potassium than a banana!

A good source of vitamin B6! B6 helps turn energy from food into energy your body can use.

Magnesium, antioxidants and resistant starch!

Fiber! One wholesome, satisfying potato with skin contributes 2 grams of fiber to the diet or 8% of the recommended daily value. Dietary fiber has been shown to have numerous health benefits, including improving blood lipid levels, regulating blood glucose, and increasing satiety! Satiety is the feeling of being full.

***Approximately half of a potato's dietary fiber is found in the skin!***

When it comes to potatoes, nutrition is not only skin-deep! While the potato skin is packed with nutrients, the rest of the potato is good for you too! In fact, the majority (> 50%) of the nutrients are found within the potato itself! Let's compare!

NUTRIENT	POTATO SKIN (RAW)	RUSSET (BAKED W/SKIN)
Calories	22	134
Total carbohydrate (g)	5	30
Fiber (g)	1	3
Fat (g)	0	0
Protein (g)	1	4
Vitamin C (mg)	4	18
Potassium (mg)	157	759

# So leave the skins on your potato favorites!

## INGREDIENTS:

Olive oil cooking spray  
1 1/2 lbs. Russet potatoes, scrubbed  
1 tablespoon olive oil  
2 tablespoons chopped fresh rosemary  
1/2 teaspoon sea salt  
1/2 teaspoon coarse ground or cracked black pepper

**DIRECTIONS:** Preheat oven to 425°F and spray a large baking sheet with olive oil cooking spray. Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on HIGH for 3 to 4 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up and let cool. Cut each potato into 8 wedges. Place in a large bowl and toss with olive oil; spread in a single layer on baking sheet. Bake for 10 minutes. Spray with olive oil cooking spray, turn wedges and spray again. Bake for 10 minutes more or until fries are golden brown and spray once more. Mash together rosemary, salt and pepper in a small bowl with the back of a spoon; sprinkle over cooked potatoes and toss well to coat.

## QUICK AND HEALTHY BAKED FRIES



→ Or, try something completely new!

## BUFFALO CHICKEN POTATO SKINS



## INGREDIENTS:

12 oz boneless, skinless chicken breast  
1 cup water  
4 medium russet potatoes (about 6 oz each)  
3 Tablespoons hot pepper sauce (like Frank's, not Tabasco)  
1/4 cup non-fat milk  
1/4 cup fat-reduced sour cream  
1 Tablespoon margarine  
1/4 cup crumbled blue cheese  
2 green onions  
2 medium tomatoes  
4 celery stalks

**DIRECTIONS:** Center oven rack and preheat oven to 425°F. Place chicken in a sauté pan, add water, and cover. Simmer for 20 minutes and remove from pan; let cool slightly. When chicken is cool enough to handle, shred using two forks, one in each hand. While chicken is simmering, prepare remaining ingredients: Wash potatoes and slit each one lengthwise about 1-inch deep. Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly. Slice each potato in half length-wise, scoop out potato, leaving a 1/4-inch shell. Mash potato together with hot pepper sauce, sour cream, margarine, and milk. Fold in blue cheese and shredded chicken. Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking). Place filled potato skins on a 9x13 baking sheet and bake about 15-20 minutes until tops are golden brown. Dice tomatoes and green onions. Cut celery stalks into four-inch sticks. To serve, top potatoes with onions and tomatoes. Serve celery sticks on the side for scooping potato contents.



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