

Farm Fresh Friday from Home

Roasted School Garden Grown Potatoes

What you'll need:

- 3-4 each Garden-Grown New Potatoes
1 Tsp. Vegetable Oil—Try Olive Oil
½ Tsp. Salt

Instructions:

1. Preheat oven to 400°.
2. Wash your potatoes.
3. Cut washed potatoes into halves or quarters.
4. Mix potato pieces in a large bowl with the salt and oil.
See note for additional flavor ideas!
5. Place in a SINGLE layer on a sheet pan or cookie sheet.
6. Cook for 20-25 minutes until the potatoes are golden.
7. Use a toothpick to test for doneness. The wood gives you a better feel to find out if the potatoes are cooked through. If they feel hard or crisp in places, the potatoes aren't done. Cook for a few more minutes.
8. Enjoy!



Potatoes from the garden come straight out of the soil, so they need to be washed!



Soak them in cold water for about 5 minutes to loosen the dirt and make them easier to clean.

Spice Things Up!

Do you have a favorite flavor?

You can add any flavor that you want to the potatoes! Simply mix it in before roasting.

Chef Helen suggests:

- 1 Tsp. Dill, dried or
- 1 Tbsp. Dill, fresh
- 1 Tsp. Curry Powder
- 1 or 2 fresh Rosemary sprigs laid on top of the potatoes

Remember: there are no mistakes, only new recipes!

Flip this card over for fun facts and a challenge for all students!

DID YOU KNOW?

There are over 4,000 kinds of potatoes! They all have different tastes and colors!

Potatoes are a nutrient-rich vegetable.

They provide carbohydrates and potassium. The energy you need to perform at your best.

Potatoes are originally from the Andes Mountains in Peru. The Incas used them for food & medicine!

In 1995, potatoes were grown in space on the Space Shuttle Columbia!

Each "eye" on a potato can grow a new plant! Visit the Coppel ISD Child Nutrition website and click on

"Nutrition Education & Recipes"

for a fun handout on how to grow your own potato plant!



GROWING POTATOES

In January, CISD students planted 3 different kinds of potatoes in our school gardens:

Yukon Golds **Kennebec Whites** **Red Lasodas**

May is harvest time!



FARM FRESH CHALLENGE

The CISD Child Nutrition Department challenges YOU to prepare this recipe with your family! Share pictures on social media by tagging the Coppel ISD Child Nutrition Department using the hashtags:

#CISDTogetherAtHome #CISDGardenFreshAtHome



@CISDNutrition



@CISDChildNutrition