

CHEF SOLUS POTATO PARTY COLORING BOOK



Hi Parents and Kids!

Potatoes are a healthy food, and Chef Solus likes to keep them as nutritious as possible, which is why he recommends eating potatoes with the skins on.

When you see an **asterisk ***, know that we're talking about the potato with its skin on.

Did you know about 30% of a potato's nutrition is in the skin-and half the fiber is there, too?

Thanks for spending time with Chef Solus and his friends.

If you'd like some more cool information about potatoes, including great recipes, check out www.potatogoodness.com.

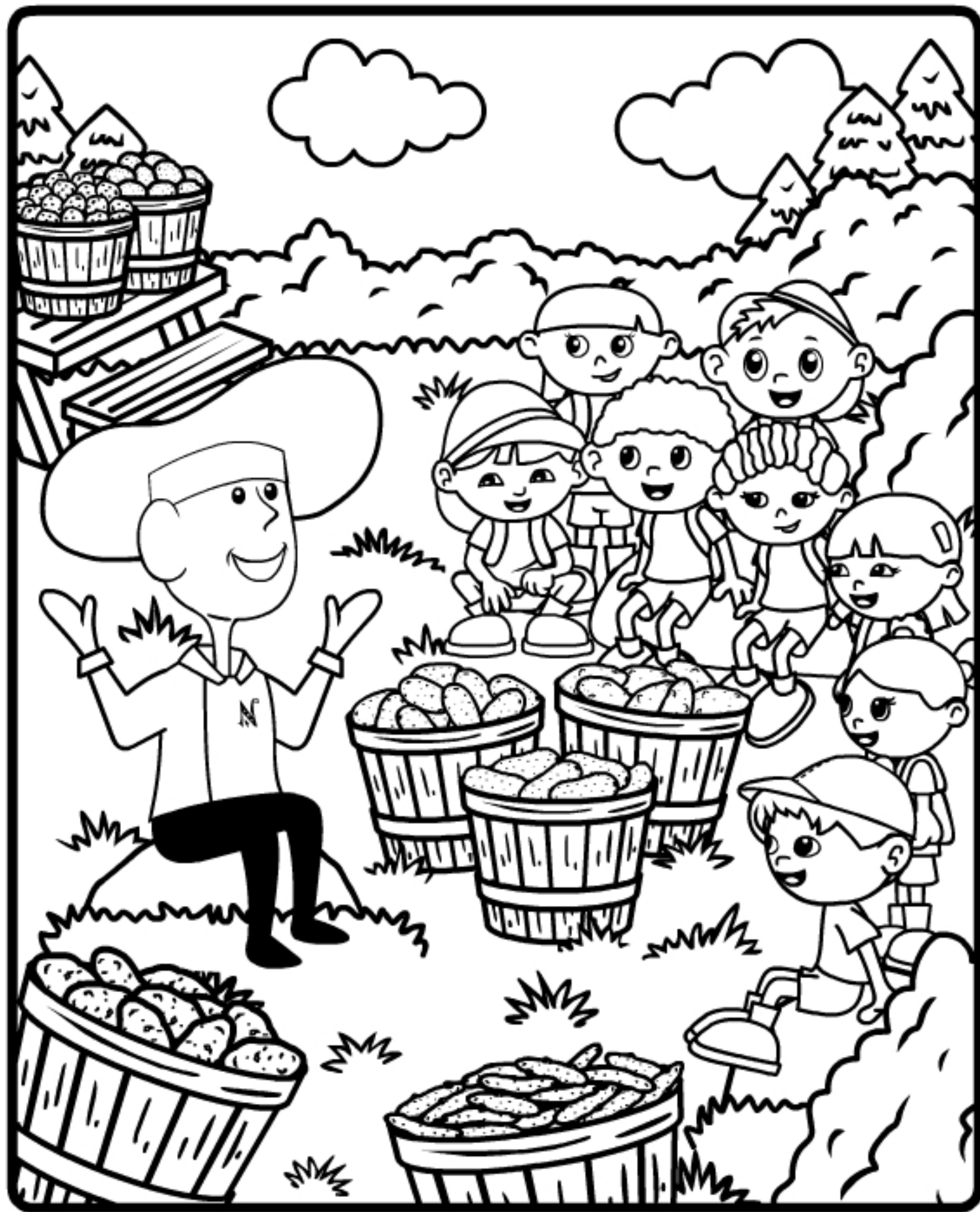
And if you'd like to play some games with Chef Solus and his friends and learn more about nutrition, visit www.nourishinteractive.com.



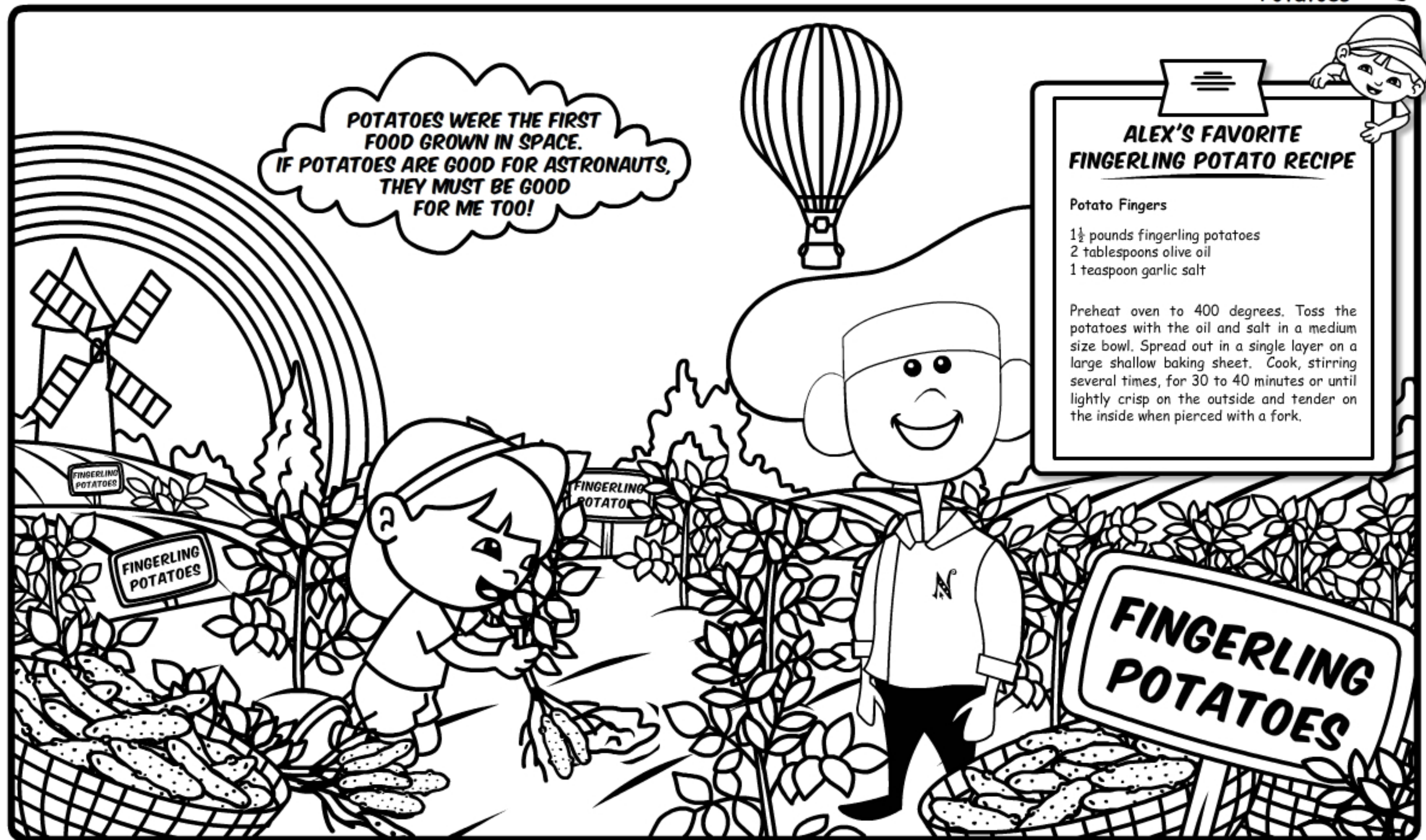
POTATOES
GOODNESS
UNEARTHED

89% Daily Supply of Vitamin C | Naturally Fat Free | Full of Vitamins and Minerals





Chef Solus plans the perfect potato party.



Alex picks some fingerling potatoes.
They come in lots different colors!

Alex likes the cool shape of fingerling potatoes.
They taste good too!

ALEX'S FAVORITE FINGERLING POTATO RECIPE

Potato Fingers

1½ pounds fingerling potatoes
2 tablespoons olive oil
1 teaspoon garlic salt

Preheat oven to 400 degrees. Toss the potatoes with the oil and salt in a medium size bowl. Spread out in a single layer on a large shallow baking sheet. Cook, stirring several times, for 30 to 40 minutes or until lightly crisp on the outside and tender on the inside when pierced with a fork.



Jasmine pulls a wagon filled with red potatoes!

Red is Jasmine's favorite color and her favorite potato, too, because it can be cooked in so many different ways.

JASMINE'S FAVORITE RED POTATO RECIPE

Roasted Pesto Potato Salad

3 pounds medium-size red potatoes
1 tablespoon olive oil
One four-ounce container of store-bought Pesto sauce

Heat oven to 425 degrees. Leave skin on potatoes and cut into chunks. Place potatoes in large bowl and drizzle with olive oil; toss to coat. Arrange potatoes in single layer on nonstick baking sheet. Roast, turning once about halfway through, 30 minutes, or until golden brown and tender. Cover and refrigerate until ready to serve. Just before serving, toss thoroughly with pesto sauce. Optional: sprinkle with Parmesan cheese.

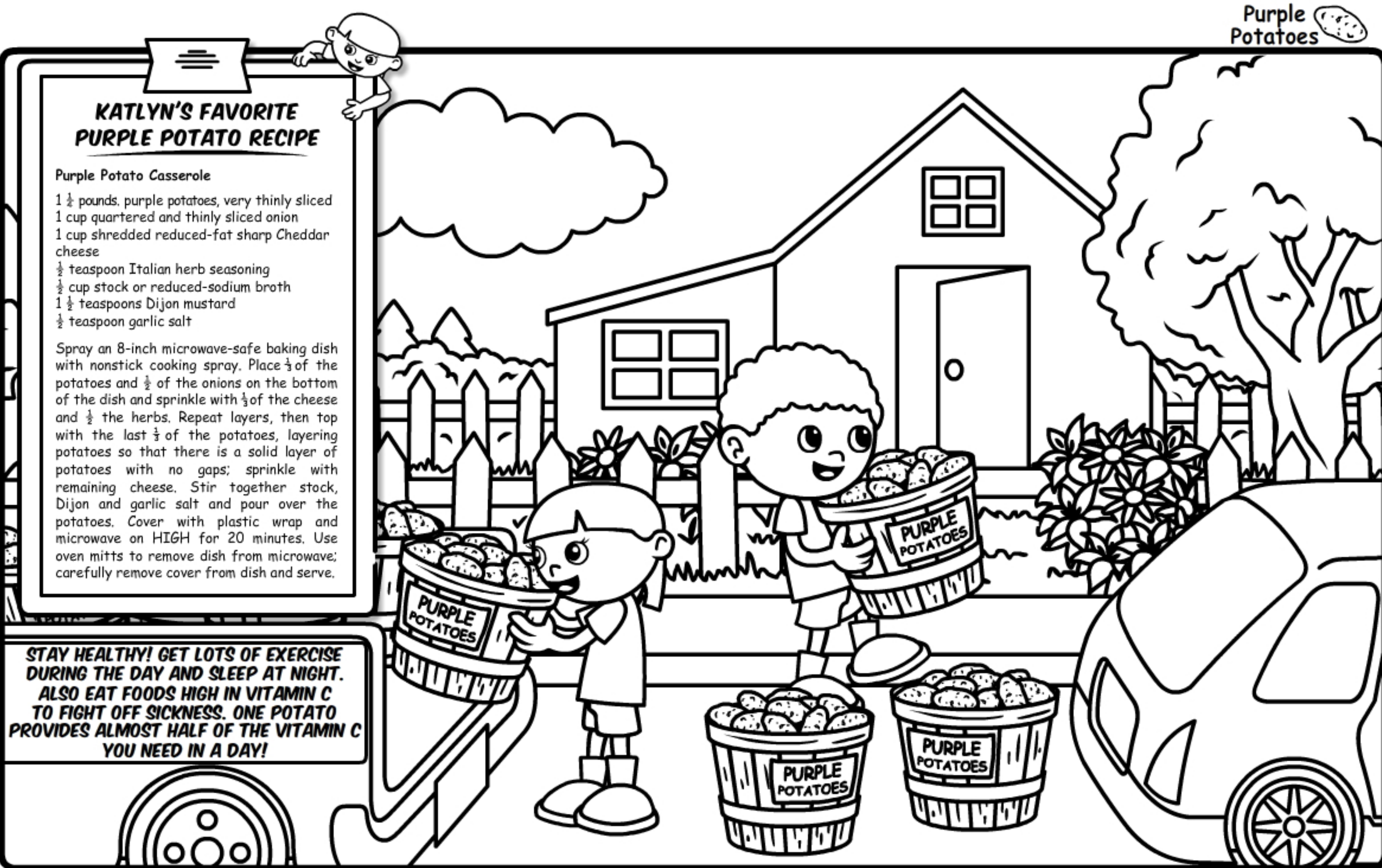
KATLYN'S FAVORITE PURPLE POTATO RECIPE

Purple Potato Casserole

1 ½ pounds, purple potatoes, very thinly sliced
 1 cup quartered and thinly sliced onion
 1 cup shredded reduced-fat sharp Cheddar cheese
 ½ teaspoon Italian herb seasoning
 ½ cup stock or reduced-sodium broth
 1 ½ teaspoons Dijon mustard
 ½ teaspoon garlic salt

Spray an 8-inch microwave-safe baking dish with nonstick cooking spray. Place ⅓ of the potatoes and ⅓ of the onions on the bottom of the dish and sprinkle with ⅓ of the cheese and ⅓ the herbs. Repeat layers, then top with the last ⅓ of the potatoes, layering potatoes so that there is a solid layer of potatoes with no gaps; sprinkle with remaining cheese. Stir together stock, Dijon and garlic salt and pour over the potatoes. Cover with plastic wrap and microwave on HIGH for 20 minutes. Use oven mitts to remove dish from microwave; carefully remove cover from dish and serve.

STAY HEALTHY! GET LOTS OF EXERCISE DURING THE DAY AND SLEEP AT NIGHT. ALSO EAT FOODS HIGH IN VITAMIN C TO FIGHT OFF SICKNESS. ONE POTATO PROVIDES ALMOST HALF OF THE VITAMIN C YOU NEED IN A DAY!



Purple potatoes remind Katlyn of her favorite purple flowers.

Tyler picks purple potatoes because he loves the bright color and nutty flavor, too!

A FRESHLY PICKED POTATO HAS NO SODIUM,
FAT OR CHOLESTEROL – TOO MUCH OF THESE
THREE THINGS AREN'T GOOD FOR YOUR BODY.
A HEALTHY BODY EQUALS A HEALTHY MIND.
SO EAT SMART - EAT POTATOES.

ELENA'S FAVORITE WHITE POTATO RECIPE

Confetti Mashed Potatoes

4 medium white potatoes
 $\frac{1}{2}$ cup lowfat milk
2 tablespoons butter
1 cup frozen vegetable medley,
cook according to package

Peel and cut potatoes into 1-inch chunks.
Place potatoes in medium pot and pour over
enough water to cover. Set pan over HIGH
heat and bring to a boil. Boil 10 minutes, or
until tender. Drain, then shake potatoes
over low heat 1 minute to dry. Mash with
potato masher or fork. Stir in milk, butter
and cooked vegetables. Serve warm.

Chef Solus shows Elena how to wash white potatoes using
a vegetable scrubber.

Elena likes mashing white potatoes because they are super
soft when cooked and extra delicious with the skins on!

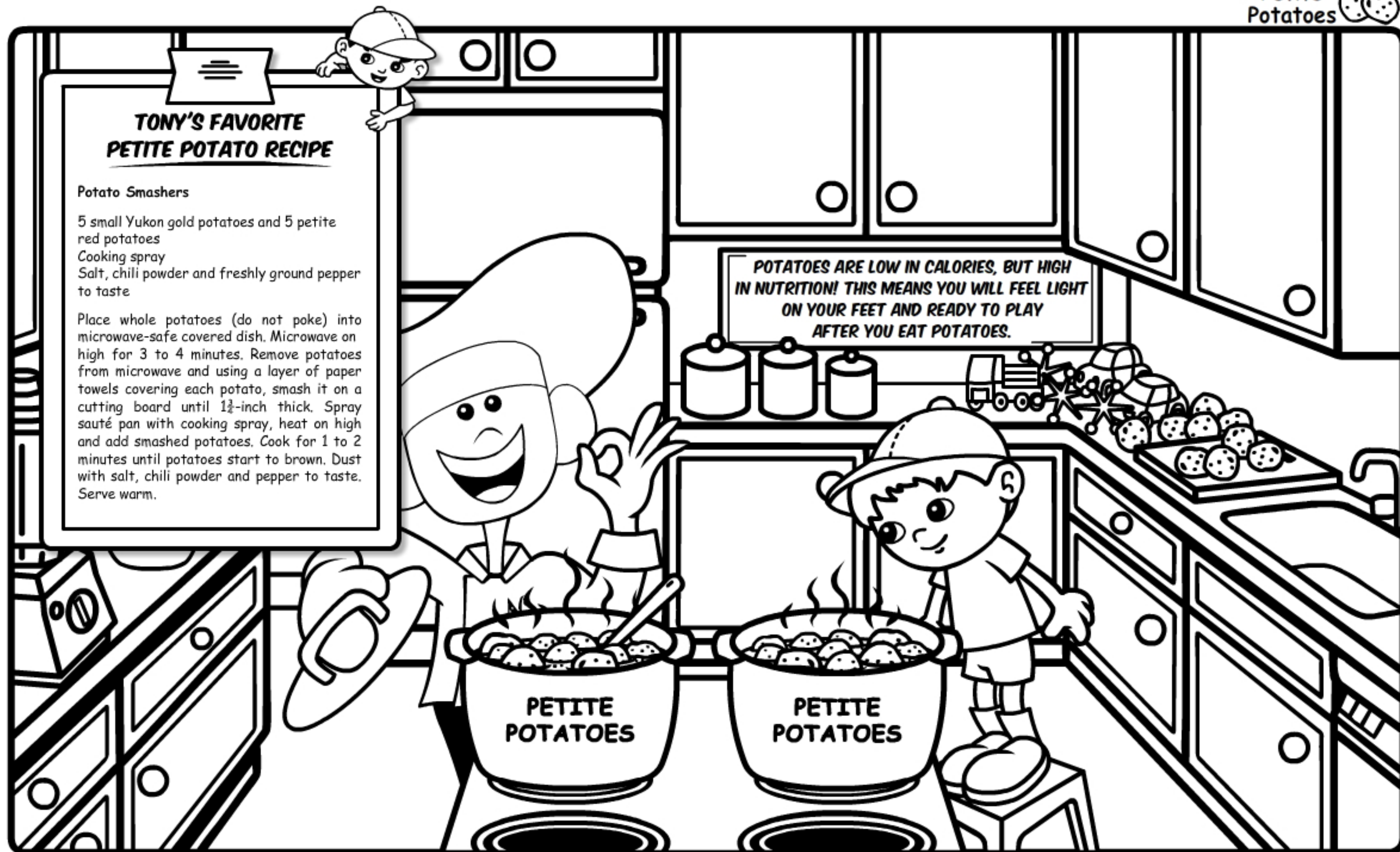
TONY'S FAVORITE PETITE POTATO RECIPE

Potato Smashers

5 small Yukon gold potatoes and 5 petite red potatoes
Cooking spray
Salt, chili powder and freshly ground pepper to taste

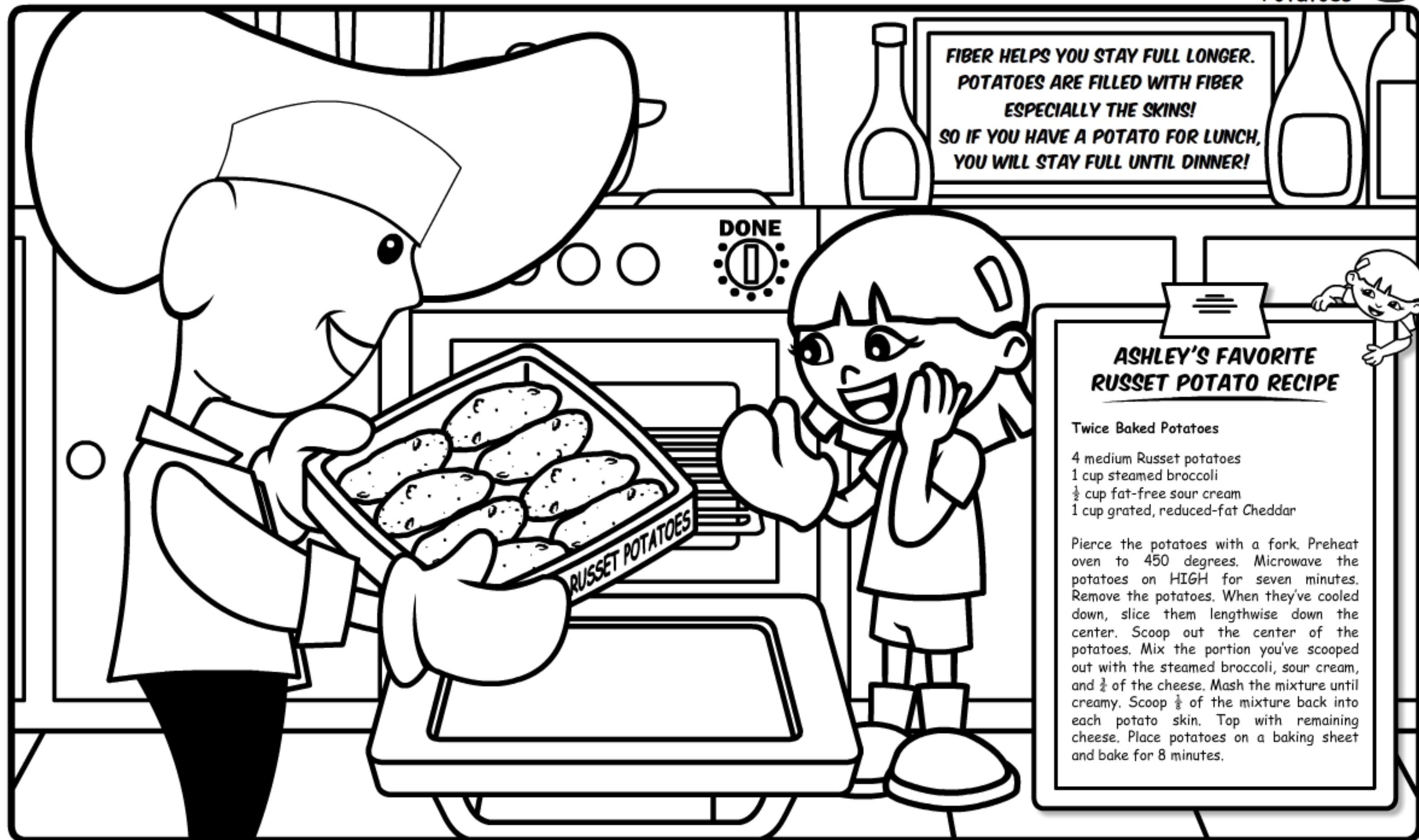
Place whole potatoes (do not poke) into microwave-safe covered dish. Microwave on high for 3 to 4 minutes. Remove potatoes from microwave and using a layer of paper towels covering each potato, smash it on a cutting board until 1½-inch thick. Spray sauté pan with cooking spray, heat on high and add smashed potatoes. Cook for 1 to 2 minutes until potatoes start to brown. Dust with salt, chili powder and pepper to taste. Serve warm.

POTATOES ARE LOW IN CALORIES, BUT HIGH IN NUTRITION! THIS MEANS YOU WILL FEEL LIGHT ON YOUR FEET AND READY TO PLAY AFTER YOU EAT POTATOES.



Tony is so excited because petite potatoes cook quickly and are ready to eat in minutes!

Tony loves petite potatoes because they are small in size but big on taste!



**FIBER HELPS YOU STAY FULL LONGER.
POTATOES ARE FILLED WITH FIBER
ESPECIALLY THE SKINS!
SO IF YOU HAVE A POTATO FOR LUNCH,
YOU WILL STAY FULL UNTIL DINNER!**

ASHLEY'S FAVORITE RUSSET POTATO RECIPE

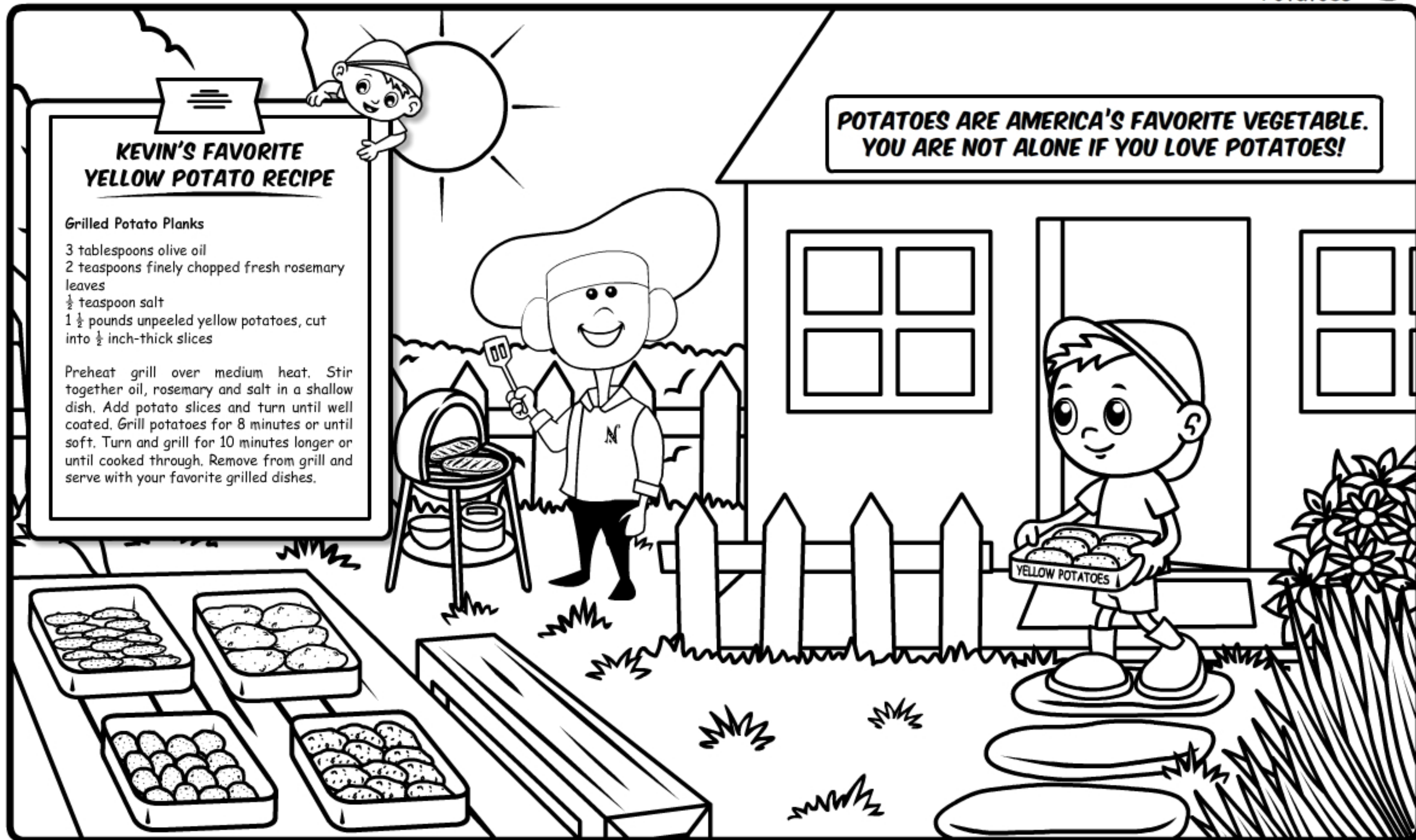
Twice Baked Potatoes

4 medium Russet potatoes
1 cup steamed broccoli
 $\frac{1}{2}$ cup fat-free sour cream
1 cup grated, reduced-fat Cheddar

Pierce the potatoes with a fork. Preheat oven to 450 degrees. Microwave the potatoes on HIGH for seven minutes. Remove the potatoes. When they've cooled down, slice them lengthwise down the center. Scoop out the center of the potatoes. Mix the portion you've scooped out with the steamed broccoli, sour cream, and $\frac{2}{3}$ of the cheese. Mash the mixture until creamy. Scoop $\frac{1}{3}$ of the mixture back into each potato skin. Top with remaining cheese. Place potatoes on a baking sheet and bake for 8 minutes.

Chef Solus takes the russet potato out of the oven.
Ashley can hardly wait to eat her favorite potato!

Ashley loves the Russet potato because after it's
baked, it gets light and fluffy inside.



Kevin thinks the yellow potato is as bright as the sun!

He is surprised that yellow potatoes taste like they have butter already on them!



It's potato party time with the perfect potatoes!