

The Joys of New Potatoes



New potatoes with tender skins and creamy flesh are in our local markets, farmer's markets and if you're lucky in your garden ready to dig. New potatoes are any variety of freshly dug young potato that hasn't been stored.

I wasn't very old, maybe eight or nine, that summer we went to Indiana to visit mom's family. It was early in the morning when Aunt Jo and I dug new potatoes out of the rich dark soil and picked peas for our supper that evening. She'd promised my sister one of her favorite dishes, creamed new potatoes and peas.

Aunt Jo cooked those lovely new potatoes and peas all day before adding a thick floury cream sauce. It was a gray dish she put on the table and called it creamed new potatoes and peas. It was more like cremated potatoes and peas.

The recipe I use today is a far cry from Aunt Jo's, the basic ingredients are the same but the preparation is very different.

New Potatoes and Peas in Cream

130 calories per serving, 5g fat, 5g fiber, 5g protein, 30% recommend daily amount (RDA), Vitamin C, 15% RDA Vitamin A and 10% RDA Calcium,

Makes 6 servings

- 1 pound small new potatoes, washed
- 2 cups boiling water
- 1 teaspoon salt, can be omitted
- 1 pound frozen or fresh peas
- 2/3 cup cream or sour cream



Cook potatoes in boiling water until almost tender, about 15 minutes. Add peas and continue to cook until peas are tender, do not over cook. Drain and add cream. Turn heat to low. Return pan to stove and heat until hot. Serve immediately. Season with salt and pepper to taste.

Potatoes are packages of good nutrition.

The average potato is loaded with Vitamin C, Potassium, Phosphorus, fiber, iron, Niacin, Folate, and Calcium and is fat free. Take a look at what happens to the calorie count when potatoes are buttered, mashed and fried.

One 3.5 ounce potato prepared as:	Calories
Baked or boiled	95
Add 1 tablespoon of butter	203
Mashed with 1 teaspoon butter and ¼ cup 1% milk	156

Hash browns	229
French-fries	274
Potato chips	564

What does this mean? Potatoes are healthy and should be a part of your diet. As you can see a potato by itself is not high calorie, fattening food. It is what we put on it or how we cook the noble and healthy potato that makes it a carrier of excess calories and fats.

Homemade American potato salad is traditionally loaded with potatoes, hard cooked eggs, mayonnaise and other condiments that help make a one cup serving a fat packed 358 calories with 20.5 grams of total fat.

For a fresh look at potato salads try this guilt free potato salad recipe that has only 190 calories per one cup serving and 14g of fat. This recipe is based on Julia Child's famous French Potato Salad. You can personalize it by adding fresh herbs of your choice such as basil, thyme or cilantro, minced or diced fresh vegetables.

Guilt Free Potato Salad

- 14 small new or red potatoes or 6-8 medium ones, scrubbed
- 3 tablespoons minced parsley - fresh works best
- 2 green onions, washed, trimmed and finely sliced
- 1/2 cup chicken broth



Boil potatoes until just barely tender, you do not want the potatoes to fall apart and become mushy.

While still hot, slice potatoes into 1/2 inch thick slices, place in a clean bowl and cover with chicken broth; add sliced green onions and parsley. Let sit for 30 minutes. Then dress with a light vinaigrette dressing.

Dressing

Note: you can reduce the fat in this recipe by increasing the amount of vinegar to 3/4 cup and reducing the olive oil to 1/4 cup.

- 1 clove garlic, peeled and mashed
- 1/2 cup vinegar, white works best, but red wine, or other flavored vinegars will work too.
- 1/2 cup olive oil

In a small bowl, whisk together dressing ingredients and pour over potatoes
Salt to taste

Cecelia Haack
Oregon State University
Columbia County Extension