



Florida

POTATO

Recipes

For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services web site at www.Florida-Agriculture.com

LAYONNAISE POTATOES

- 4 Florida SunLite™ low-carb potatoes
- 1 Sweet Florida onion
- 1 tablespoon olive oil
- Salt and pepper

Roast the potatoes in a 450° oven 15 to 20 minutes or until tender, but still firm. Slice the onion very thinly, then sauté on medium heat with no oil or butter. Stir with a wooden spoon for about two minutes. Cover the onions and place pan on low heat so they can caramelize. Remove the potato from the oven and cut into 1/2 inch pieces. Sear in a hot pan with salt, pepper and oil until brown on each side. Drape the onion across the potatoes and serve.

Yield: 4
Per Serving: Calories 129, Fat 4g
Carbohydrates 23g, Protein 3g



SHRIMP AND MASCARPONE CHEESE MASHED POTATOES

- 2 pounds Florida SunLite™ low-carb potatoes
- 1/2 pound fresh from Florida shrimp
- 3 table spoons mascarpone cheese
- Salt and cracked white pepper

Cut the low-carb potato into large cubes. Put in a medium size pot, cover with water and cook on medium-high heat until tender and strain the potatoes. Grill your shrimp on low heat so there

are no black marks. Cook until pink. Chop shrimp into small bite size pieces. Combine with potatoes and mix well. Add mascarpone cheese, salt and cracked white pepper to taste.

Yield: 4 servings
Per serving: Calories 266, Fat 4g
Carbohydrates 41g, Protein 16g



Fresh from Florida POTATOES

The Florida potato is versatile and delicious. With so many varieties of Florida potatoes, mealtime has never been more creative. Native to South America, potatoes grow in various parts of Florida. They are available from January through July.

As members of the Solanaceae family, potatoes are related to tomatoes, peppers and eggplants. Florida potatoes are an excellent source of potassium, a mineral which helps maintain healthy blood pressure. For consumers who are looking for produce with lower carbohydrate content, Florida has a new, fresh market potato with 30% fewer carbohydrates.

Purchasing, Handling and Storing

When selecting, look for well-shaped Florida potatoes with relatively smooth skin. A few shallow eyes are fine, but avoid potatoes with dark or soft spots, cuts, wilted skin or those that have started to sprout. Fresh potatoes will keep for about one week stored in a cool, dark place. Do not store in the refrigerator.

There are two main types of Florida potatoes – fresh and chip. The skin colors can be brown, red or purple, while the flesh can be white, creamy yellow to deep blue. All varieties are delicious, and can be prepared in a number of ways. Whether roasting, boiling, baking, grilling or frying, Florida potatoes deliciously enhance meal time.

Here are some new ways to prepare “Fresh from Florida” potatoes.

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Florida Department of Agriculture
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