

HEINZ POTATOES



Naturally Perfect

A simple and natural potato is one versatile vegetable. It likes to be mashed, baked, boiled and is a pleasing accompaniment to any main dish. It's because of these qualities that potatoes are known and loved around the world. But wait, they are good for you too! Did you know that:

- A medium baked potato is only 110 calories and has almost ½ of your daily Vitamin C needs
- Potatoes naturally do not have any sodium or fat
- Potassium in potatoes are important for cardiovascular health
- Right from the earth, all potatoes are gluten free

Many nutrients exist in the creamy white flesh of a potato like B vitamins, folate, iron and zinc. The skin of a potato also has important nutrients like fiber, which many people today do not get enough of, so go ahead and eat the whole spud.

Healthy Helping of Nutrients

Out of all the fruits and vegetables we eat, potatoes are one of the best choices for potassium, which is an important mineral for maintaining a healthy blood pressure. Studies show that because of the high amounts of potassium and low sodium in potatoes, they fit perfectly in with DASH diet (Dietary Approached to Stopping Hypertension). [1]

Potatoes are an important food for active people. Our bones need potassium to stay strong and our bodies need the energy from carbohydrates to give us the strength to move our muscles. The antioxidants in potatoes may help fight off inflammation and free radical formation that happens during activity as well.

Easy and Affordable

As well as being an important source of potassium, dietary fiber, magnesium, vitamin C, vitamin B6, and iron, the white potato is also an affordable vegetable. The white potato excels in two other factors—ease of preparation and a long shelf life—which makes it a budget friendly and a wholesome food for everyone.

Source: (Nowson et al. 2008)

Enjoy the delicious variety of potato products from Heinz in recipes here and online at www.Heinz.com



GREEK STYLE POTATO AND SPINACH CASSEROLE

Serves 6

Prep Time: 10 minutes

Cook Time: 30 minutes

1 package Ore-Ida® Steam n' Mash Cut Russet Potatoes	2 frozen spinach, 10 oz. thawed
1/2 can evaporated milk	1 Tbsp. greek seasoning
1 Tbsp. butter	1/4 cup kalamata olive chopped
salt and pepper to taste	4 oz. feta cheese crumbled
6 oz. cream cheese softened	1 egg lightly beaten
1/4 cup yogurt plain Greek-style	2 tsp. lemon juice

You will need: 2 medium bowls, 9X9-inch square baking pan.

Preheat oven to 350° F. Microwave Steam n' Mash Cut Russet Potatoes according to package directions. In medium bowl, mash cooked potatoes, milk, and butter. Season to taste with salt and pepper then press into the bottom of a 9x9-inch baking pan; set aside. In a medium bowl, stir together cream cheese, yogurt, egg, and lemon juice until smooth. Squeeze excess moisture from spinach and add to cream cheese mixture then stir in seasoning and olives. Spoon evenly over top of potatoes then sprinkle with feta. Bake in preheated oven for 25 to 30 minutes, or until set. Serve hot. Sprinkle the inside of the squash with pepper. Divide the bean mixture between the squash and set on a rimmed baking sheet. Bake for 25 minutes or until squash is tender.

[Heinz Recipe](#)

Nutrition Fact: 360 calories, 21g fat, 12g saturated fat, 90mg cholesterol, 590mg sodium, 31g carbohydrate, 6g fiber, 4g sugar, 14g protein, 240% DV Vitamin A, 25% DV Vitamin C, 35% DV Calcium, 30% DV Iron

*For lower fat option replace the full fat cream cheese with reduced fat.