

Eyes On Potatoes

(NAPSA)—When you peel away all the mystery about nutrients, potatoes are right up there as a power food. Potatoes are a wonderful source of complex carbs and thus function as a great energy food. They are also fat-free.



Pivonka

What makes potatoes even more interesting is that they are a good source of potassium and fiber.

Potassium plays an important role in maintaining healthy blood pressure. The *2005 Dietary Guidelines for Americans* say a potassium-rich diet also blunts the effects of salt on blood pressure, may reduce the risk of developing kidney stones, and could possibly decrease bone loss with age.

Fiber has a number of health benefits including improving “regularity” and reducing the risk of coronary heart disease.

One medium-baked potato, with the skin, offers 3 grams of dietary fiber at only 100 calories. That makes baked potatoes an excellent source of fiber, a fact which I think will surprise a lot of people.

Twice Baked Idaho Potatoes with Broccoli and Cheese

Serves 8

- 4 medium Idaho potatoes
- ½ cup light sour cream
- 2 tablespoons 2% milk
- ¼ teaspoon each black pepper, salt, nutmeg
- 2 cups cooked broccoli, chopped
- ½ cup white onion, chopped
- 1 cup low-fat cheddar cheese, shredded



Potatoes, an excellent source of vitamin C, are naturally low in sodium.

Preheat oven to 425°F.

Bake potatoes directly on the middle oven rack for 60 minutes.

While potatoes are still hot, cut in half lengthwise. Scoop out the interior flesh of the potato into a bowl.

Add sour cream, milk and seasonings and mash until smooth.

Stir in broccoli, onion and cheese.

Turn oven down to 400°F.

Using a spoon, gently fill the potato shells with the potato mixture. Place filled potatoes on a baking sheet and bake for 18 - 20 minutes.

Nutrition Information per Serving: calories: 149, total fat: 2.9g, saturated fat: 1.6g, % of calories from fat: 17%, % of calories from saturated fat: 99%, protein: 7g, carbohydrates: 25g, cholesterol: 8mg, dietary fiber: 4g, sodium: 198mg

Visit the Idaho Potato Commission Web site, www.idahopotato.com, for more information on the health benefits of potatoes and potato recipes; and www.5aday.org for information on eating a colorful variety of fruits and vegetables.