

Red Potatoes with Herbs – adapted from “Fruit and Veggies Quantity Cookbook – Revised Edition” (Oct 2011)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Baby red potatoes, fresh[§], unpeeled	14 lb	28 lb	7 lb	<ol style="list-style-type: none"> 1. In a large stockpot or steam kettle, boil potatoes until just fork-tender. (Approximately 20 min.) 2. While potatoes are cooking, combine basil, chives, lemon juice, pepper, and oil in a saucepan and heat to simmer. 3. Drain potatoes once tender, and let the steam evaporate. 4. Allow potatoes to air dry slightly before coating with 2. 5. Pour 2 over the cooked potatoes and toss lightly to evenly coat. 6. Serve immediately or hold in 200° F oven until ready to serve. <p>❖ Serve ½ cup (4 ounces).</p>
Basil, dry [†]	½ cup	¾ cup	6 Tb	
Chives, dry [†]	½ cup	¾ cup	6 Tb	
Lemon juice	½ cup	¾ cup	6 Tb	
Black pepper, ground	1 ½ tsp	1 Tb	¾ tsp	
Olive oil	2/3 cup	1 ⅓ cup	⅓ cup	

§WA product available

†WA product available as fresh

Approximate preparation time: 30 min.

Tips & Variations

- Scrub potatoes with a vegetable brush under running water to remove soil.
- When baby red potatoes are unavailable, you can use regular red potatoes and quarter them after step 3.
- This recipe is great with **fingering potatoes[§]** as well.



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Child Nutrition Program Food Components:

✓ ½ cup vegetable

Nutrients Per Serving:

Calories	120 kcal
% Calories from Fat	23 %
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrates	21 g
Dietary Fiber	2 g
Sugars	1 g
Protein	2 g
Vitamin A (50 IU)	< 2 %
Vitamin C (12 mg)	20 %
Calcium	2 %
Iron	6 %

👉 Storage Tips: Refrigerate baby new potatoes if not used within 2-3 days. Use within 1-2 weeks. Most potatoes will keep at room temperature for up to 2 weeks. Store away from light. For longer storage, potatoes will keep best at 45-50 degrees, high humidity, and in darkness. If their environment is too warm they will sprout and shrivel; if too cold, the starch will turn to sugar. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)*]

👉 A variety of **potatoes** are available in WA! - You can introduce to your students different kinds of potatoes to show the difference in colors, shapes and texture. [Click here to find more about beans.](#)

notes

