

Roasted Purple Potato – [FareStart](#) recipe (FareStart provides nutritious meals to childcare centers around the Seattle area)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Potatoes, Purple, fresh[§]	13 ea	26 ⅛ ea	6 ½ ea	<ol style="list-style-type: none"> 1. Preheat oven at 400 F. Wash potatoes thoroughly with vegetable scrub. 2. Dice up potatoes into large pieces (1-inch cube or larger), and place in a large bowl. 3. Mix potatoes with oil, and season with garlic and salt. 4. Place seasoned potatoes on sheet pans and bake in the oven for 20-25 minutes or until fork tender. <p>❖ Serving Size: 3 oz. per child</p> <p>□ Note: temperature and baking time may vary by ovens.</p>
Olive oil	6 2/3 Tb	13 2/5 Tb	3 ⅓ Tb	
Garlic, fresh[§] , finely chopped	1 tsp	2 tsp	½ tsp	
Sea salt	2 2/3 tsp	5 ⅓ tsp	1 ⅓ tsp	

§WA product available when in season

Approximate preparation time: 35-40 min. including baking time

Tips & Variations:

- **How to Select Potatoes:** Regardless of varieties, choose firm potatoes. [ref: "Fruits & Veggies More Matter"] Consider #2 potatoes (smaller in size or not-uniform in size and/or shape) for cost saving.
- Option:
 - Mix with Russets and/or Red potatoes to make a colorful roasted potato dish. Check out [potato varieties and the characteristics](#) for more info!
 - Would you like some spice? Season with chili powder and black pepper at step



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Child Nutrition Program Food Components:

✓ 1/8 cup vegetable

Nutrients Per Serving:

Calories	73 kcal
% Calories from Fat	25 %
Total Fat	2 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	96 mg
Total Carbohydrates	13 g
Dietary Fiber	1 g
Sugar	1 g
Protein	1 g
Vitamin A (0 IU)	0 %
Vitamin C (21.6 mg)	12 %
Calcium	1 %
Iron	2 %

- ☞ **Potatoes** are a good source of vitamin C and potassium. It is well-established fact that the vitamin C in potatoes exists in the form that is stable for cooking or heating, thus potatoes retain the vitamin C content even after cooking. [Journal of Food Science vol. 48, 1983]
- ☞ **Potatoes** are usually available from August to May in Washington State. [Check out the Washington Grown Vegetable Seasonality Chart!](#)
- ☞ **Storage Tip:** Store potatoes in a cool, dark, well ventilated place for use within 3-5 weeks. [Fruits & Veggies More Matters]

notes

