



MAJOR SPONSORSHIP PROVIDED BY THE SUMMIT FEDERAL CREDIT UNION

MARKET HONEY ROASTED POTATOES

Potatoes – are the “hidden treasure” of fresh produce. Unfortunately this veggie powerhouse sometimes gets a bad reputation – likely because of the high fat items that we sometimes use to cook with (like deep fat frying) or that we add to potatoes.

Pound for pound, potatoes are one of our greatest food values. One medium potato (the size of a computer mouse) provides just 110 calories, plus:

- 50% of your daily requirement of Vitamin C
- 18% of your daily requirement of Iron
- Antioxidants (which may play a part in preventing diseases relating to aging)
- Dietary fiber, especially if you eat the skin

Select potatoes that are firm and free of soft or green spots, or sprouts. Store them in a dark, cool, dry place. Do not refrigerate, as that causes the starch to convert to sugar.

This recipe features potatoes from Kevin and Carol Daththyn, who operate the Abe Daththyn stand at the Market, and whose potatoes delight customers year round.

SALAD INGREDIENTS

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| 1 lb potatoes, cubed (2.5 cups) | 2 Tbsp. olive oil | 1 tsp. dry mustard |
| 2 Tbsp. diced onion | 1 Tbsp. honey | Salt & Pepper to taste |

DIRECTIONS

1. Heat the oven to 400 degrees.
2. Scrub potatoes, do not peel. Cut into 1/2 inch cubes. Place in a large bowl.
3. Mix remaining ingredients in a small bowl. Pour over potatoes and mix to coat.
4. Place potatoes in a shallow greased pan. Bake for about 30 minutes, until tender and browned, stirring several times. Season with salt and pepper.