

# This spud's for you if nutrition is important

By Babs Wilkinson

One of my all-time favorite vegetables is white round potatoes which are so often called new potatoes. They seem to be a choice for many because the average person eats about 124 pounds of white potatoes annually.

If you are shopping for some fresh-from-the-garden white rounds, here are some buying, storing, handling and cooking tips.

When buying, choose firm potatoes with clean, fairly pristine skins and few eyes. Choose well-shaped potatoes free from wrinkles, green streaks, cracks, bruises, sprouts and decay.

When storing, potatoes should be scrubbed gently in cold water with a vegetable brush. Peel skins if desired, but the tender skins of white rounds have good flavor as well as nutrients (such as vitamin C). To preserve whiteness of potatoes, cover peeled potatoes with cold water for a short time before cooking.

Amounts: Generally, allow five to six ounces per serving. One pound of white rounds is equal to three me-

dium potatoes, three cups peeled and sliced, two and a half cups peel and diced, two cups mashed and two cups French-fried.

Nutrition: Potatoes are naturally low in fat and sodium and rich in potassium, fiber, some B vitamins and, if unpeeled, high in vitamin C. Both the carbohydrates and iron in potatoes are almost totally usable when digested. One five-ounce potato when boiled, steamed or baked has about 100 calories.

**SALSA POTATO SALAD**  
3 medium white round potatoes  
1/4 cup diced sweet red pepper  
1/4 cup non-fat mayonnaise  
2 tablespoons commercial hot salsa  
1/4 cup chopped celery  
2 tablespoons minced fresh cilantro  
3 tablespoons low-fat sour cream  
1/4 teaspoon ground cumin

Wash potatoes and place in pot large enough to cover potatoes with water to boil. Cook potatoes in boiling water for 15 minutes or until tender; drain and cool completely. Peel potatoes, and cut into half-inch cubes. Combine potato, celery, pepper and cilantro; stir gently.

Combine mayonnaise and remain-



ing ingredients in a small bowl; stir well. Add mayonnaise mixture to potato mixture; toss gently to coat. Cover and chill. Yield: about four half-cup servings.

**SOUTHWESTERN POTATO SALAD**  
3 medium white round potatoes  
1/4 cup sliced, drained ripe olives  
1/4 cup diced purple onion  
1/4 cup commercial Southwestern ranch-style dressing  
1/4 cup sour cream  
1/4 teaspoon ground red pepper  
1 (four-ounce) can chopped green chilies, drained

Wash potatoes and place in pot large enough to cover potatoes with water to boil. Cook potatoes in boiling water for 15 minutes or until tender; drain and cool completely. Peel potatoes, and cut into half-inch cubes. Combine ranch-style dressing and remaining ingredients in a small bowl; stir well. Add dressing mixture to potato mixture; toss gently to coat. Cover and chill. Yield: about four half-cup servings.

**MARCELLA'S WINNING POTATO SALAD**  
6 medium white round potatoes (about one and three-quarter pounds), peeled and cut into 3/4-inch cubes

2 medium ripe tomatoes, diced  
1 medium red onion, halved and thinly sliced (one cup)  
1/4 cup chopped fresh parsley  
1/4 cup olive oil  
1/4 cup lemon juice  
2 cloves garlic, minced  
1 teaspoon ground cumin  
1 teaspoon salt  
1 teaspoon paprika

Place potatoes and cold water to cover in a medium saucepan. Cover and bring to a boil over high heat. Reduce to medium-low and simmer ten to 12 minutes, until tender. Drain and transfer to a large bowl. Add remaining ingredients and toss

well to coat. Yield: four to five (makes six cups).

**PARSLEY POTATOES**  
2 pounds small white new rounds  
1/2 cup butter or margarine  
1/4 cup chopped fresh parsley  
1/4 teaspoon dried marjoram  
Cook potatoes in boiling salt water for 15 minutes or until tender. Cool slightly. With a sharp knife remove one narrow strip of skin around the middle of each potato. In a large skillet, melt butter; add parsley and marjoram. Add the potatoes and stir gently until coated and heated through. Yield: six to eight servings.

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## ARTS & CRAFTS

### Two one-act plays presented

Brunswick Little Theatre will present two one-act plays Thursday through Saturday, September 1-3, at the Centennial Center in Southport.

The plays, titled "Poor, Dear Aunt Maria" and "Sit Down To Supper", will be directed by Christopher Sowers.

Cast members will be Stephanie Cheers, Amy Sowers, George Alexander, Anthony Grubb and Christopher Sowers.

### Art history is program topic

"Seven Hundred Years of Painting" will be the subject of a program offered by Joan Webb, a member of Associated Artists of Southport and affiliate of the National Gallery of Art in Washington, D. C.

During the program, which will be divided into several workshops, Webb will explain the works of French, Spanish and Venetian masters, as well as the works of Rembrandt, Raphael and the Impressionists.

There is no charge for the workshops, but audio and visual materials are required. Persons can contact Webb at 845-2720 for more information.

### Island craft shop classes

The Oak Island Senior Citizens craft shop hosts a number of classes at its Long Beach location.

Bonnie Altman will teach a beginning basketry class on Tuesday from 9 a.m. to noon. An intermediate basketry class is held Tuesday from 1 to 4 p.m.

The Friday needlework class is held from 10 a.m. until noon. Sheila Sisodia is the instructor.

On Monday, July 25, from 9 a.m. to noon a shirt painting class will be offered. Marion Hallas will be the instructor and class size is limited.

A stool and chair caning class (seagrass or macrame) will be held Thursday, July 28, 9 a.m. Instructors will be Mac Moore and Charles Edwards. Stools may be purchased and stained before class or a natural finish may be used.

Decorative painting and tole classes will resume in September. Instruction is free, with the only charge for supplies. More information can be obtained by calling the shop at 278-5224.

### Pottery classes for adults

Beginning, intermediate and advanced pottery classes are offered for persons 18 years and older at Franklin Square Gallery.

Classes will be held every Tuesday and Thursday from 9 a.m. to noon or 5:30 to 8:30 p.m. through the month of August.

The classes, sponsored by Brunswick Community College, will be taught by Kimberly Smittle-Caroon. More information can be obtained by calling Caroon at 457-9993 on Tuesday and Thursday, or 845-8999.

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