



# FarmFresh

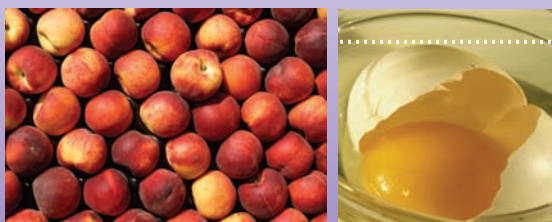
## Recipes

November 2015

### Available Now...

#### Potatoes

From well-known varieties such as Russet and Yukon Gold to specialty potatoes like Purple Majesty and French Fingerling, Colorado grows over 70 different varieties of potatoes. The state produces more than 2 billion pounds of potatoes annually, making the Colorado the fifth largest producer in the nation.



#### Tips & Nutrition

Avoid potatoes with wrinkled skins, soft dark spots, cut surfaces or a green appearance. All varieties should be uniformly sized, fairly clean, firm, and smooth.

Potatoes are gluten free, fat free, sodium free and are high in potassium and Vitamin C.

### Fresh Inspirations...



#### Colorado Mashed Potatoes

##### Ingredients

- 2 Lbs. Yukon Gold Potatoes, washed and diced into medium cubes
- 1 Cup Whole Milk
- 1/2 Stick Salted Butter
- 1/2 Cup Sour Cream
- 1/2 Cup White Cheddar Shredded Cheese
- Kosher Salt to Taste
- White Pepper to Taste
- Green Onions, sliced fine

##### Directions

Place the diced Yukon Gold potatoes into a small sauce pan or stock pot and cover with water. Bring to a boil and cook on a simmer until fork tender, then cook 4-5 minutes past that until soft. In a separate pan add the butter and milk and heat over low temperature until butter is melted. Drain the potatoes and place into a large bowl then add the melted butter/milk mixture and slowly mash. Add the sour cream, cheese and season to taste with salt and white pepper. Garnish with green onions.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Beef