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### Did you Know...

There are over **4,300 varieties** of potatoes that come in many sizes, shapes, and colors

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Chives are rich in phytochemicals that help control cholesterol and blood pressure.

## EAT WELL, AGE WELL. March – Potatoes and Chives

If you are striving to eat a more plant-based diet and purchase locally grown, in-season foods; Wisconsin is a major player in the United States potato market. Wisconsin is ranked 3rd in the nation for shipping fresh potatoes and total potato production. Contrary to popular belief potatoes are high in several vitamins and minerals. Just be aware of how you prepare them and the toppings you add. Different colors mean different nutrients, so a variety is always healthy.

- Storage: Store in a cool, dark place with low humidity, like a basement.
- Preparation: Wash before cooking. Potatoes can be roasted, mashed, fried, pureed, stuffed, baked, grilled, steamed, or boiled.

Chives are easy to grow and make a delicious pairing with potatoes. While they are grown in the summer, chives can be chopped and frozen on a cookie sheet or in ice trays for year-round use. Chives are a good source of many vitamins, minerals, and phytochemicals.

- Storage: Stores well in refrigerator for several days if wrapped loosely in paper towel
- Preparation: Wash just before using. Makes for a great garnish on a variety of foods

**March is National Nutrition Month! Learn more at**

<https://www.eatright.org/about-national-nutrition-month>

# Cheesy Potato Soup

## Ingredients

- 1 medium onion, chopped
- ¼ cup celery, chopped
- 1 tsp vegetable oil
- 2 cups potatoes, bite-size diced
- 2 cups low-sodium broth (any type)
- ¼ tsp pepper
- 3 Tbsp cornstarch
- 1½ cups 1% or nonfat milk, divided
- ¾ cups (3 ounces) cheddar cheese, shredded
- 1 Tbsp bacon, cooked and crumbled (optional)
- Chives, chopped, for garnishing



## Instructions

1. In a large saucepan over medium-high heat, sauté onions and celery in vegetable oil until onions are clear or translucent.
2. Add diced potatoes, broth, and pepper. Bring to a boil and stir, then reduce heat to low. Cover and simmer until potatoes are tender, 15-25 minutes.
3. In a small bowl, stir together cornstarch and ¼ cup milk until smooth. Add remaining milk to bowl.
4. Stir the cornstarch mixture into the potato mixture.
5. Cook and stir until thickened and heated through, about 5 minutes. Do not let boil.
6. Remove from heat. Stir in cheese until melted.
7. Garnish with bacon and chives, as desired.
8. Refrigerate leftovers within 2 hours.

## Notes

- Can reduce the amount of cheese used for a healthier touch.
- Pair with a whole grain bread or sandwich packed with vegetables for a balanced meal.
- The recipe can be found at <https://foodhero.org/recipes/cheesy-potato-soup>

Check out more Recipes at: <https://foodhero.org/potatoes>