

DELICIOUS & NUTRITIOUS

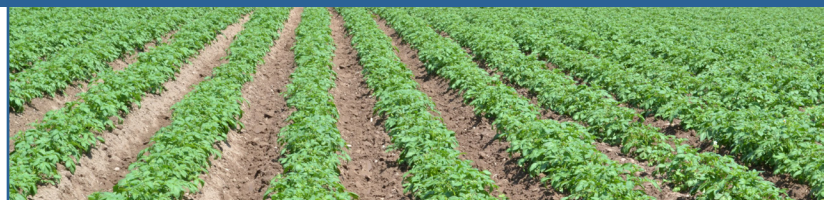
Potatoes are nutrient-dense vegetables, packed with essential vitamins and minerals, including vitamin C, potassium, vitamin B6, iron, dietary fiber, and plant-based protein.

Potatoes are naturally gluten-, fat-, and cholesterol-free.

SUSTAINABILITY

Michigan potatoes are sustainable for the environment, people, and communities. Potato production has a lower carbon footprint and requires less land and water than many other fruits, vegetables, and grains.

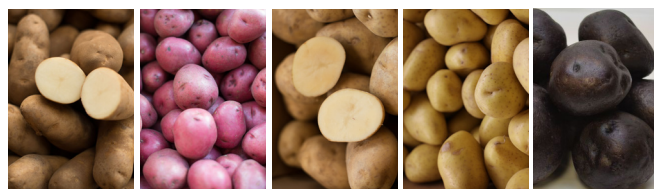
According to the United Nations' Food & Agriculture Organization, potatoes produce more nutritious food more quickly, on less land, and in harsher climates than any major crop. This will be key as the world population is expected to reach 9.7 billion people by 2050.



MICHIGAN POTATO PRODUCTION

Michigan farmers plant more than 45,000 acres of potatoes each year, making the the Mitten State among the top 8 states for potato production.

Nearly 80 farms grow potatoes commercially in Michigan. They produce close to 2 billion pounds of spuds, with a value of more than \$180 million.



ALL KINDS OF POTATOES

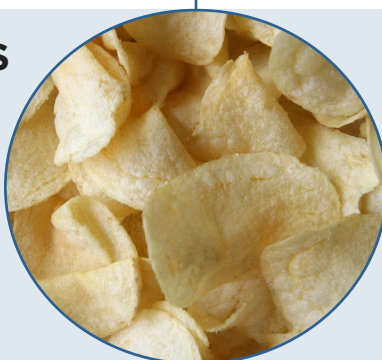
There are many types of potatoes, including reds, russets, yellows, whites, fingerlings, and purples.

Michigan farmers grow them all.

#1 FOR CHIPPING POTATOES

Michigan grows more potatoes that become potato chips than any other state in the U.S.

One out of every four bags of potato chips made in the U.S. is filled with Michigan-grown potatoes.



HEALTHY SNACKING

The highly versatile potato maintains its nutritional value in all forms, including as chips and fries.

In fact, potato chips rank among the healthiest choices within the snack food category.

FAQs

Q: Are there a lot of carbs in potatoes?

A: Potatoes are a source of complex carbs, not simple carbs (which are found in things like soda and candy). Complex carbs are used by the body for energy and are naturally occurring, slow-digesting carbs found in fruits, vegetables, legumes, and whole grains. The bottom line is potatoes are a highly nutritious whole food. For example, one medium-sized potato has fewer carbs (26g) than a medium-sized banana (29g), but provides more potassium.

Q: Are the nutrients of a potato found in only in its skin?

A: No. The skin is very healthy, yes, but it still only contains about one-third of a potato's nutrition. Leaving the skin on is the best way to maximize the nutrients available in a potato. However, a potato minus its skin is still a highly nutritious vegetable.

Q: Will I get sick from eating potatoes with green spots?

A: Green spots can occur when potatoes are exposed to sunlight. They indicate the presence of a naturally occurring compound called solanine, which can cause illness if consumed in very large amounts. If there is slight greening, cut away the green spots on the skin before cooking. It's recommended to store potatoes in a cool, dark, and well-ventilated place to keep them at their best.

MELTING POTATOES



INGREDIENTS

- 3 large (or 4 medium) russet potatoes
- 10 Tbsp unsalted butter, divided
- 2 Tbsp vegetable oil
- 1 cup vegetable stock
- 2 cloves garlic, crushed
- 4 sprigs fresh thyme
- Kosher salt, to taste
- Black pepper, to taste

DIRECTIONS

1. Preheat oven to 500°F with rack in upper-middle position.
2. Slice potatoes into 1-inch thick rounds.
3. Pat dry potatoes with paper towel. Sprinkle with kosher salt and black pepper.
4. Add vegetable oil and 4 tablespoons of butter to a hot skillet. (Cast iron offers best results; make sure you're cooking with a pan that can handle the high heat.)
5. Place potatoes in skillet and cook until golden brown, about 4 minutes. Turn potatoes and remove from heat.
6. Pour vegetable stock into skillet with potatoes. Add fresh thyme and crushed garlic. Top with remaining tablespoons of butter.
7. Place skillet in preheated oven and bake for about 30 minutes, or until potatoes are fork tender. Spoon sauce over potatoes. Serve.

HASSELBACK POTATOES WITH SAGE



INGREDIENTS

- 4 russet potatoes
- 2 Tbsp olive oil
- 4 tsp flakey sea salt (or kosher salt)
- ¼ cup extra virgin olive oil
- 12 cloves garlic, lightly crushed with peel
- 16 fresh sage leaves
- Ground black pepper, to taste
- Lemon wedges (for garnish)

DIRECTIONS

1. Preheat oven to 400°F.
2. Slice potatoes about ¼ inch but without slicing all the way through. A trick is to use the handles of two wooden spoons to stop your knife from slicing all the way through. Once potatoes are sliced, rub each one with ½ teaspoon of olive oil and place them cut side up on a baking sheet lined with parchment paper or aluminum foil. Season each potato with a teaspoon of the salt and place them in the oven.
3. Roast potatoes for 45 minutes or until tender. Remove potatoes from oven and allow to rest briefly.
4. In a small saucepan, heat oil over medium heat. Add garlic and allow to brown gently. Remove garlic and set aside. Turn up heat until oil is nearly smoking. Add sage leaves and allow to crisp quickly (20-30 seconds). Remove sage and allow to drain on a paper towel. Gently spoon infused oil over potatoes and add black pepper. To serve, place crispy sage leaves in potatoes and garnish with browned garlic and lemon wedges, if desired.

MONSTER POTATO CHIP COOKIES



INGREDIENTS

- ½ cup crushed potato chips
- ¼ cup plus 3 Tbsp granulated sugar
- ½ cup plus 1 Tbsp light brown sugar
- 1-½ tsps sea salt
- ¾ cup unsalted butter
- 1 large egg
- 1 egg yolk
- 2 tsp vanilla extract
- 1-¾ cups all-purpose flour
- ½ tsp baking soda
- ½ cup dark chocolate chips

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large bowl, combine flour, baking soda, and salt. Whisk and set aside.
3. In a small bowl, combine egg, egg yolk, and vanilla extract. Whisk and set aside.
4. In a stand-up mixer using a paddle, add room temperature butter, brown sugar, and granulated sugar and mix until smooth. If no mixer is available, use a wooden spoon or spatula and mix by hand.
5. Slowly add egg-and-vanilla extract mixture until fully incorporated, scraping down sides of bowl as needed.
6. Add mixture of flour, baking soda, and salt. Mix well into a dough.
7. Add chocolate chips and crushed potato chips.
8. Using a 2-ounce scoop, scoop cookie dough onto parchment paper-lined tray. Place tray into freezer for 10 minutes.
9. Bake in oven until golden brown, about 10 to 12 minutes. Allow to cool before serving.