

# Purple is the New Green

## SECRETS OF THE PURPLE POTATO

Did you know that purple potatoes...

**Taste like regular potatoes** → Use them in potato recipes you already make without changing the taste.

**Save you money** → Buy them during the Fall harvest season when they cost less.

**Get their color from antioxidants** → Give your body a natural defense with purple colors

**Help your body prevent disease** → Protect against certain cancers, heart disease, and stroke and can even help with memory.



## PURPLE MASHED POTATOES

### Ingredients

- 2-3 medium purple potatoes
- 1/3 cup milk
- 2 tablespoons butter
- 1 pinch salt

### Directions

1. Fill a medium size pot with water and bring to a boil over high heat.
2. While water heats up, rinse potatoes and peel skin.
3. Cut potatoes into small, equal-sized pieces.
4. Once water is boiling, transfer the potato pieces to the water and add salt.
5. Cook for about 35 minutes, or until potatoes are tender.
6. Drain water out of the pot and transfer potatoes to large mixing bowl.
7. Add milk and butter.
8. Mash potatoes using masher or fork until they are as soft as you like them.



## EAT A RAINBOW OF FOOD

- The more colors you eat from fruits and vegetables, the more nutrients you get in your diet
- Purple potatoes and other unique forms of your favorite foods are great to add to your cart when shopping
  - Yellow tomatoes
  - Purple carrots
  - Golden kiwis
- All naturally colorful foods have lots of nutrients for your body like vitamin C, potassium, iron and fiber



### Taste Great:

*Roasted, grilled, baked or in salads.*