

# What You Will Need

Bring whole, raw potatoes of different varieties to show to class. Red potatoes and some round white potatoes are firm and waxy. They are ideal for potato salad, which is featured in this activity.

Because cooking potatoes is a time-consuming activity, you will probably want to bring your ingredients cooked, chilled and perhaps chopped, depending on time available for activity.

## Equipment:

cutting boards	measuring cups and spoons
sturdy plastic knives	small disposable cups for serving
wooden spoon for mixing	plastic spoons
bowls	napkins

## Ingredients: Potato Salad

**12 servings, 1/2 cup each**

- 4 medium potatoes
- 1 large onion
- 2 stalks celery
- 1/4 cup sweet pickle relish
- 1/2 cup light mayo-type salad dressing

optional: pepper and salt to taste, chopped hard-cooked egg

## Other Possible Activities:

- Mystery vegetable in a paper bag (feel shape, smell, guess its identity)
- Veggie prints—Use a cut potato as a stamp—ink it, and print!
- Mr. Potato Head—Put the “pieces” into a real potato instead of the plastic game head. Use as centerpiece for a “tasting party” of all the ways we eat potatoes: chips, french fries, mashed, baked, potato skins.





# Buddy's Potato Salad

**12 servings - 1/2-cup each**

- 4 medium potatoes (about 1 pound)**
- 1/2 cup diced onion**
- 1/2 cup chopped celery**
- 1/4 cup sweet pickle relish**
- 1/2 cup light mayonnaise-type salad dressing**

1. Wash potatoes; peel. Place in sauce pan. Cover with water and bring to boil. Simmer until soft, about 15 minutes. Drain and cool.
2. Dice onion and chop celery; combine with pickle relish.
3. Add salad dressing to pickle mixture
4. Cube potatoes and blend with dressing.
5. Cover and chill several hours.

Optional ingredients: salt, pepper, prepared mustard, eggs

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (74g)	
Servings Per Container 12	
<b>Amount Per Serving</b> 1/2 cup	
<b>Calories</b> 70	<b>Calories from Fat</b> 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 130mg	5%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber less than 1 gram	4%
Sugars 4g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.