



# Local potato

Availability:  
year-round

## Benefits

→ For their dependability and audacity!

Throughout history, potatoes have helped many countries fight famine. In 1995, it became the first vegetable to be grown in space, taking a ride aboard the NASA space shuttle Columbia 29.

→ The French Resistance... to potatoes!

In the 18th century, Antoine Augustin Parmentier tried to introduce the potato to Europe, but the French were using it as hog feed! It wasn't until the potato found its way onto their king's table that the French finally accepted it!



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Potato salad with dill and lemon



PORTIONS: 5 TO 6

10 MIN

### Ingredients

- 125 ml (½ cup) plain yogurt
- 60 ml (¼ cup) mayonnaise
- 15 ml (1 tbsp) Dijon mustard
- Zest of 1 lemon
- Juice of ½ lemon
- 10 small red potatoes, boiled, quartered
- 2 celery stems, finely chopped
- 3 green onions, finely chopped
- 60 ml (¼ cup) fresh dill, chopped
- Salt and pepper to taste

### Directions

- 1 In a large bowl, whisk together the yogurt, mayonnaise, mustard, lemon zest and juice.
- 2 Add the potatoes, celery, green onions and dill to the vinaigrette and gently combine.
- 3 Season to taste.

#### Note

Allow 10 to 15 min to cook the potatoes.

Source: Stéphanie Tremblay, Nutritionniste

## Potato and old cheddar frittata



PORTIONS: 5

20 MIN 65 MIN

### Ingredients

- 500 ml (2 cups) potatoes, peeled and sliced
- 180 ml (¾ cup) green onions, chopped
- 8 eggs (extra-large size)
- 180 ml (¾ cup) milk
- 5 ml (1 tsp) herbes de Provence
- Salt and pepper to taste
- 375 ml (1 ½ cup) aged cheddar cheese, grated

### Directions

- 1 Preheat the oven to 160 °C (330 °F).
- 2 Arrange the potato slices on the bottom of a lightly greased baking dish.
- 3 Bake uncovered in the oven until the potatoes are slightly cooked (about 20 min) Set aside.
- 4 Meanwhile, in a large bowl, combine the green onions, eggs, milk, herbes de Provence, salt and pepper.
- 5 Pour this mixture over the potatoes and top with the cheese. Take uncovered in the oven for about 45 min, or until the middle of the omelette is firm.

Source: Inspired by [nospetitsmangeurs.org/recettes](http://nospetitsmangeurs.org/recettes)

### Tip!

- Potatoes can be eaten boiled, steamed, baked, roasted or mashed. You can even cook them in the microwave. Simply poke a few holes in a whole, unpeeled potato and cook for 3 to 5 min, depending on the size.

