



Healthy Bodies. Healthy Minds.

about WITS

Wellness in the Schools inspires healthy eating, environmental awareness and fitness as a way of life for kids in public schools. Wellness in the Schools provides hands-on programs such as Cook for Kids, Green for Kids and Coach for Kids. These programs provide healthy foods, healthy environments and opportunities for regular play to help kids learn and grow.

what are WITS Labs?

WITS Labs are a series of seasonal cooking classes, where children prepare and taste seasonal and local farm-fresh foods. Taught by a WITS Chef, the WITS Labs introduce the importance of eating locally and seasonally, the fundamentals of cooking, and the essentials of nutrition. WITS Labs are an integral part of the Cook for Kids program, where WITS Chefs work alongside cafeteria works to support the preparation of salad bars and fresh homemade meals. The Lab recipes are selected in conjunction with menu items in the cafeteria.

potato pointers

- Potatoes are a good source of carbohydrates. Carbohydrates provide energy for the body.
- Potatoes have very little fat and no cholesterol.
- When cooking potatoes, keep on the skin to get all the vitamins and nutrients, such as: vitamin C (healthy skin), vitamin B6 (strong muscles), and potassium (healthy heart).
- New York's potato growers are 13th in the nation's potato production. Local potatoes are fresher, tastier, and better for our environment!

different types of potatoes

Did you know that different varieties of potatoes have different uses? Some are better for boiling, others for baking, and still others for chipping:

adirondack blue beautiful dark blue colored flesh, irregular shapes; good for potato salad.

keuka gold like Yukon Gold, but from NY state; very good eating qualities, good for potato salad, mashed potatoes, and for French fries.

red bliss grown in California, Minnesota, and the Dakotas and are available most of the year; good for potato salad and roasting potatoes.

russet burbank old standard baking potato from the Pacific Northwest; also good for French fries.

yukon gold distinctive yellow flesh; good for potato salad and mashed potatoes.

Thank you to our Cook for Kids WITS Labs Core Sponsor



And other supporters of the WITS Labs



WITS Labs

a series of seasonal cooking classes for children, taught by a WITS Chef

SPRING FOCUS POTATOES





**POP A POTATO... MASHED,
OR ROASTED, ANYWAY
YOU SLICE THEM,
THEY ARE DELICIOUS!**



Potato Salad

Serves 4 - 6

ingredients

4 pounds red bliss potatoes, washed
1 cup olive oil
3/4 cup scallion, chopped
6 Tbsp vinegar
1 Tbsp honey
1 Tbsp dijon mustard
salt and pepper to taste
parsley (optional)

procedure

Place potatoes in a pot and cover with cold water. Salt the water. Bring to a boil and simmer until tender, about 30 - 40 minutes, depending on the size of potatoes (if a knife easily pierces through the middle of the potato, it is ready). Drain and let potatoes rest for 10 minutes. Cut potatoes into quarters or desired size. Mix the remaining ingredients and pour over warm potatoes. Add parsley if desired. Let salad marinate for one hour in the refrigerator. Enjoy.

Mashed Sweet Potatoes

Serves 4

ingredients

2 medium sweet potatoes, cut into 2-inch chunks
1/2 cup milk
3 Tbsp butter
salt and pepper to taste

procedure

Place sweet potatoes in a large saucepan, and add water to cover. Bring to a boil until potatoes are cooked and fork tender. Drain, and return to saucepan. In a small saucepan, bring milk and butter to a simmer, stirring to combine. Remove from heat. Add to drained sweet potatoes, and mash until smooth. Season with salt and pepper to taste.

Roasted Potatoes

Serves 4 - 6

ingredients

4 large red bliss potatoes (1 1/2 pounds),
cut into 8-10 wedges each
3 Tbsp of vegetable or olive oil
1 Tbsp of fresh rosemary or 1 tsp of dried rosemary
salt and pepper to taste

procedure

Preheat oven to 450°F. Place potatoes in a bowl and rinse under cold water until starch is removed and water is clear. Drain potatoes well and place in a bowl. Toss with olive oil, salt, pepper and rosemary. Place on an oiled and heated baking sheet and put in oven. Stir when bottoms of potatoes are brown. Continue to stir and cook until potatoes are tender, approximately 35 minutes. Serve immediately.

recipe variation

Use other varieties of potatoes and herbs:

2 medium red bliss potatoes, well scrubbed
2 medium yukon gold potatoes, well scrubbed
1 large sweet potato
2 tsp chopped fresh herbs of your choice: parsley, tarragon, thyme or fennel leaves

Cut potatoes into bite sized chunks and rinse with water as above. Toss with olive oil, salt and herbs. Place on an oiled and heated baking sheet and put in oven. Stir when bottoms of potatoes are brown. Continue to stir and cook until potatoes are tender, approximately 35 minutes. Serve immediately.

Potato Leek Soup

Serves 4 - 6

ingredients

2 Tbsp vegetable or olive oil
4 leeks, washed and sliced thin (use white part of leeks only)
1 celery stalk, sliced thin
1/4 onion, diced
2 garlic cloves, minced
1 bay leaf
1 quart chicken or vegetable stock, or water
1 pound russet potatoes, sliced into 6 pieces
2 Tbsp parsley, chopped
1/4 cup milk (optional)
salt and pepper to taste

procedure

Add 2 Tbsp oil to a medium pot over medium heat. Add leeks, celery, and onion to the pot. Cook on low heat until the vegetables are tender, approximately 7 minutes. Add stock and potatoes and bay leaf to the pot and bring to a boil. Simmer until potatoes are tender. Remove bay leaf and puree the soup in a blender or food processor until smooth. If using milk, add and bring back to a boil. Season to taste with salt and pepper. Serve soup in bowls and garnish with chopped parsley.

The WITS Labs are made possible thanks to the very generous in-kind donations of fresh produce and 365 Everyday Value® Brand ingredients from Whole Foods Market. Thank you, Whole Foods Market!

**LEARN MORE
ABOUT WITS** www.wellnessintheschools.org