

## 5 Best Ways to Prepare **Diabetes-Friendly Idaho<sup>®</sup> Potatoes**

Potatoes are a staple in American cuisine, from classic mashed potatoes to baked potatoes, and many more in between. With a little creativity and experimentation, here are 5 ways to turn your favorite Idaho potatoes into something delicious that supports your diabetes management goals!



### 1. AIR FRY

One of the most popular kitchen appliances, the air fryer, offers a healthier way to cook your favorite fried foods—including potatoes—with fewer calories and grams of fat for a heart-healthy side dish!



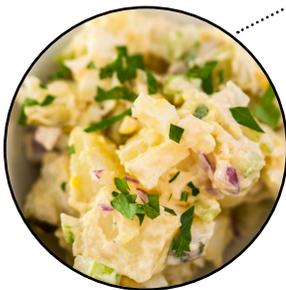
### 2. BLEND IN CAULIFLOWER

A 50/50 split of cauliflower and mashed potatoes is a great way to lower the amount of carbohydrates to help manage your blood glucose (blood sugar) and added nutrients like fiber will keep you feeling full longer.



### 5. STUFF YOUR POTATOES

Baked potatoes are a comfort food favorite, and they can also be a blank canvas for different toppings to create a diabetes-friendly meal, like non-starchy vegetables, reduced-fat cheese, and lean protein.



### 4. REIMAGINE POTATO SALAD

Jazz up this classic summer dish by adding chopped celery, roasted vegetables, and avocado to increase fiber and healthy fats and enhance feelings of fullness. For lighter dressings, try mustard or light mayo, ranch, or vinaigrette.



### 3. MAXIMIZE SPICES

Adding the right spices can take your potato dish to the next level. Try low- or no-sodium spice blends and sauces with little to no sugar, such as Cajun, Italian, or Mexican, and include fresh herbs for a burst of flavor. These spices and sauces will help you manage blood pressure without sacrificing flavor!

**Potatoes can be a nutritious and healthy source of carbohydrates when serving size and preparation recommendations are followed. So why not get creative and try something new? You might create a dish that will become a staple in your recipe collection!**