



Get More Potassium With Potatoes

(NAPSA)—If you're like most people, you're missing out on an important nutrient—but there's a simple and simply delicious way to overcome that deficit.

The problem is lack of potassium. A potassium-rich diet has been linked, in several studies, to reduced risk for heart disease and stroke—the two leading causes of death among adults in the U.S. Yet an estimated 97 percent of adults are falling short of the recommended intake.

Fortunately, one of the best sources of potassium is a tasty Idaho® potato. It contains nearly twice the amount of potassium per serving as a banana—and provides roughly one-quarter of your average daily recommended amount of potassium.

In fact, Idaho® potatoes are the only fresh potatoes that have been certified heart healthy by the American Heart Association.

One great way to increase your potassium intake is with this White-on-White Idaho Potato Cauliflower Soup. This satisfying meal is easy to make and great for busy and blustery nights:

White-on-White Idaho Potato Cauliflower Soup

- 1 cup finely chopped onion**
- 2 medium Idaho potatoes (about 1 pound total), peeled and cut into ½-inch cubes**
- 32-ounce carton low-sodium vegetable or chicken broth**
- 1 teaspoon garlic powder**



This hearty White-on-White Idaho Potato Cauliflower Soup packs a healthy dose of potassium.

- ¼ teaspoon dried rosemary**
- 2 cups cauliflower florets**
- Coarsely ground black pepper**
- 1–2 tablespoons chopped fresh basil**
- 2 teaspoons extra virgin olive oil**

Heat a large saucepan coated with cooking spray over medium heat. Add the onions and cook for 3–4 minutes, stirring occasionally, until soft. Add the potatoes, broth, garlic powder and rosemary; bring to a boil, reduce heat, and simmer for 20 minutes. Add the cauliflower and simmer for 10 to 15 minutes, until the cauliflower is soft. Serve as is or puree with an immersion blender before serving. Sprinkle with pepper and basil; drizzle oil evenly over all.

Estimated Nutritional Analysis per Serving: 168 calories, 0 mg cholesterol, 4 g fat, 104 mg sodium, 9 g protein, 27 g carbohydrates

For more recipes, visit www.idahopotato.com.