



4-H FAX



Healthy Living

LSU AgCenter



November Supplement

Stuffed Tater



Stuff a baked potato for a quick meal or snack—delicious any time of the day!

Serving Size: 1 stuffed baked potato.

INGREDIENTS:

- 1 medium potato
- 1/4 cup chopped veggies (green pepper, cooked carrot or broccoli, corn, tomato, or any others you like)
- 2 tablespoons salsa
- 2 tablespoons shredded cheese

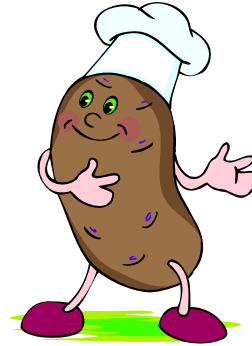
DIRECTIONS:

1. Microwave the potato on HIGH for 3 to 4 minutes until done.
2. Top your potato with veggies, salsa, and cheese.

HELPFUL HINTS:

Try other toppings for your 'tater' like chili, baked beans, pepperoni with spaghetti or pizza sauce, ham and cheese or even leftover chicken and pepper jack cheese!

And guess what? A sweet potato makes an awesome stuffed potato. What would you try for a sweet potato topper? What about cooked apple slices with cinnamon! YUM!



THE FUNNY BOX!

What do you call a baby potato?

A small fry!

Why did the potato cross the road?

Because he saw a fork up ahead!

What do you say to an angry 300-lb. potato?

Anything, as long as you butter him up!

AGFACTS

All about SPUDS!

Did you know?

- The Incas (Peru) were the first to cultivate potatoes in about 200 BC.
- Sir Walter Raleigh first introduced potatoes to Ireland in 1589 on 40,000 acres of land given to him by Queen Elizabeth.
- Marie Antoinette, wife of Louis XV, was known to wear potato blossoms as a hair decoration.
- French fries were introduced to the U.S. when Thomas Jefferson served them in the White House during his Presidency (1801-1809).
- In 1853, a wealthy railroad executive named Vanderbilt complained that his potatoes were cut too thick and repeatedly sent them back to the kitchen at a fashionable resort in New York. Chef George Crum spitefully sliced the potatoes paper thin, fried them in hot oil and served them lightly salted. Potato chips have been popular ever since!
- In October of 1995, the potato became the first vegetable to be grown in space!

Source: U.S. Potato Board Website (www.healthypotato.com)

Are you a Couch Potato?

Too much time in front of the screen, whether it be the TV or computer, can be detrimental to your health! How?

Humans need to be active and social. Too much screen-time can reduce your opportunities to get outside and be physically active or hang out with family and friends. This can also lead to a sense of isolation and depression, especially during the winter months when the tem-

perature drops and the days get shorter.

Here are some ideas to get you off the couch and back into the action:

- Invite friends or family to play board games or cards for some fun social time and treat everyone to some healthy snacks.
- Take up a hobby or be creative with arts and

crafts.

- Go ride a bicycle with a group of friends.
- Take a walk on a nature trail.

And if you just have to have a screen in front of you...check out the new exercise & fitness computer games. You can go bowling or skiing, play baseball, tennis or golf right in your own living room!

