



BOILED POTATOES

1/2 CUP COOKED = 1 SERVING

INGREDIENTS

POTATOES, VARIETY OF CHOICE

METHOD

RINSE POTATOES THEN CUT INTO 1" CUBES AND PLACE IN LARGE SAUCEPAN. FILL POT WITH WATER 2" ABOVE THE TOP OF THE POTATOES. BRING TO A BOIL OVER MEDIUM TO HIGH HEAT FOR 5-10 MINUTES. COOK UNTIL TENDER WHEN POKED WITH A FORK. STORE LEFTOVERS IN THE FRIDGE.

THE MORE YOU HEAT AND COOL THE POTATOES, THE MORE RESISTANT STARCH, WHICH WILL LESSEN THE EFFECTS OF THE POTATO ON YOUR BLOOD SUGAR LEVELS.