

Fabulous FOODS

Potatoes Good As Gold

(NAPSA)—Most culinary experts agree that the best-tasting potatoes around are yellow-flesh potatoes.

Many shoppers don't know these potatoes get their color from the same cancer-fighting enzyme, beta-carotene, found in carrots. Gold potatoes contain four times the amount of beta-carotene than regular potatoes.



Did you know that gold potatoes contain the same beta-carotene found in carrots?

One company, MountainKing, has dug deep to create three unique ways to enjoy yellow-flesh potatoes. Sold under the names of MountainKing Butter Golds, Butter Reds and Papas Blancas, all three brands are packed with light skinned, yellow-flesh potato varieties.

With roots in Europe, Butter Gold variety potatoes are excellent for baking and mashing while Butter Reds combine the skin color and texture of reds with the creaminess of Golds. Butter Reds are quite popular in many eastern European countries and the West Indies.

For those who enjoy ethnic cooking with a south-of-the-border flair, MountainKing's Papas Blancas is the ticket. This yellow-flesh potato is the preferred variety consumed in many South and Central American cultures. To learn more about these potatoes, for recipes, or to find MountainKing potatoes near you, visit www.mtnking.com or call toll-free 1-800-395-2004.