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A NATURAL CHOICE FOR A GLUTEN-FREE DIET: OREGON POTATOES

Potatoes are a naturally gluten-free and nutritious option

PORTLAND, Ore. – April 10, 2013 – For individuals and families starting a gluten-free diet, the Celiac Sprue Association (CSA) [recommends starting with naturally gluten-free foods](#), and potatoes are on the short list of recommended options. [CSA estimates](#) that 1 in 133 Americans are affected by celiac disease, and that another 18 million may be gluten intolerant.

“We know there are a lot of consumers who are new to navigating their gluten-free options,” said Bill Brewer, executive director of the Oregon Potato Commission. “Potatoes are both naturally gluten-free and extremely versatile.”

In addition to being naturally gluten-free, potatoes also pack a variety of other health benefits. One medium-sized potato has just 110 calories, 45 percent of the recommended daily value of vitamin C and more potassium than a banana. Potatoes are also naturally sodium-free, fat-free and cholesterol-free.

Chef Leif Eric Benson, Oregon’s 2010 and 2012 chef of the year and OPC public member, developed a special gluten-free recipe, showcasing an innovative way to use potatoes by turning them into “noodles” in this fresh and healthy dish:

Oregon Potato “Noodles”

Note: this recipe can be made with seafood or chicken. Chef Leif Benson’s favorite way to serve it is with a mixture of ½ cup shrimp meat, and ½ cup prawns.

4 Yukon Gold Potatoes	¼ cup parsley, chopped
1 Tbsp. garlic, minced	½ cup basil, chopped
1 cup Shiitake mushrooms, sliced	Salt and pepper to taste
2 Tbsp. olive oil	Grated parmesan cheese to taste
1 cup chicken stock	Meat or seafood of choice

Using a vegetable turner, cut potatoes into desired noodle shape. Place cut noodles into cold water. In a hot sauté pan add olive oil and choice of seafood or chicken, and sauté into cooked thoroughly. Add drained potato noodles and chicken stock to pan. Cook until noodles are tender but not over cooked. Add parsley, basil and salt and pepper. Top with parmesan if desired. Serves 4 -6

About the Oregon Potato Commission

The Oregon Potato Commission was formed in 1949 to represent the state’s five potato growing regions (Blue Mountain, Central Oregon, Klamath, Malheur and Willamette Valley) in educational, trade development, research, legislative affairs, and public relations activities. Development of sales and markets for Oregon's potato crop is one of the Commission's roles. Programs are designed to improve Oregon's market share in-state and in other prominent West Coast markets. Export markets for processed potato products and, increasingly, fresh potatoes and raw product are also included in market development and promotional programs in the Pacific Rim and other market areas. The Commission's

largest focus is on a series of ongoing research programs in cooperation with Oregon State University. The results of these programs place Oregon among the top in the United States in potato production volume and yield per acre. For more information, visit www.OregonSpuds.com.

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