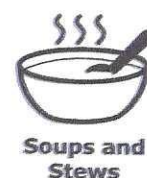
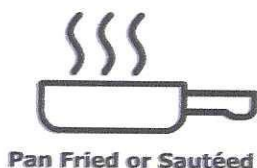
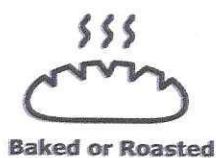


# POTATO TYPES

## PREPARATION STYLES

From russets, reds, yellows, whites, purples, fingerlings and petites, there are a variety of potato options to fuel the body and the brain throughout the day. Easy to prepare and pair with a variety of cuisines, potatoes lend themselves to convenient meal prep to fuel workouts throughout the week. They can be whipped together with a few healthy ingredients in 30 minutes or less for a delicious meal.



TYPE	FEATURES	BEST USES
<b>RUSSET</b>	Thick skin with light and fluffy center	
<b>RED</b>	Thin skin and stays firm throughout cooking	
<b>YELLOW</b>	Buttery flavor with a creamy texture	
<b>WHITE</b>	Thin skin with a nutty flavor and stays firm throughout cooking	
<b>PURPLE</b>	Medium skin with an earthy flavor and vibrant color	
<b>FINGERLING</b>	Nutty and buttery flavor with a firm texture	
<b>PETITE</b>	Similar in taste to their larger-sized cousins with more concentrated flavors	