

# Fruit & Vege Co-op



## Potatoes

STORAGE	PREPARATION
Store potatoes in a cool dark place away from direct sunlight, sunlight will make the potatoes turn green.	<ul style="list-style-type: none"><li>- Scrub under water and cut potatoes into pieces or leave smaller potatoes whole. Cut off any green parts.</li><li>- There is no need to peel the potatoes unless mashing.</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Mash boiled potato with boiled pumpkin or kumara and a little milk.</li><li>- For homemade potato chips brush sliced potatoes with a small amount of oil and sprinkle with dried herbs if desired. Roast in oven until golden brown.</li><li>- Bake potatoes in the oven, slice tops and remove inner filling. Combine with corn kernels, low fat sour cream and ham and stuff mixture in potato skins. Bake in oven to heat through.</li></ul>	<ul style="list-style-type: none"><li>- Add cubes of potato to casseroles, curries and stews at the beginning of cooking.</li><li>- Roast with other vegetables such as pumpkin and kumara for a roast vegetable salad.</li><li>- Top a basic mince mixture with mashed potato and sprinkle low fat cheese, grated, on top. Bake in oven to make a Shepherd's Pie.</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Boil in water covered for about 8 minutes or until just tender, depending on size of the pieces.</li><li>- Steam over a pot of boiling water for 10 minutes.</li><li>- Microwave potatoes with a little water in a covered dish for about 8 minutes, depending on size.</li><li>- Lightly brush potatoes with 1 Tbsp oil and roast at 200°C for 30-45 mins, or until tender and brown.</li></ul>	
<b>RECIPE: Potato and Tuna Omelette (Serves 5)</b> <i>Source: <a href="http://www.potatoes.co.nz">www.potatoes.co.nz</a></i>	
3-4 eggs 2 Tbsp water Salt and pepper to taste 1Tbsp vegetable oil 185g tin of tuna in spring water, drained 1 cup cooked, diced potatoes 1 Tbsp spring onions, sliced 2 Tbsp parsley, chopped	
<ol style="list-style-type: none"><li>1. Beat eggs, water and seasoning together in a bowl.</li><li>2. Heat oil in a large heavy based pan. Pour in the egg mixture. Using a spatula gently move the egg mixture away from the edge of the pan as it cooks so any uncooked egg can flow onto the pan.</li><li>3. When the eggs are half cooked add the tuna, potato and spring onions. Continue to cook until the egg mixture is set. Sprinkle with parsley and serve.</li></ol>	
<b>Serving Suggestion</b> <ul style="list-style-type: none"><li>- Serve with a French bread stick and a green salad for an easy weekend meal.</li></ul>	

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

