

# POTATO



## PREPARATION

- Scrub under water and cut potatoes into pieces or leave smaller potatoes whole.
- There is no need to peel the potatoes unless mashing.

## ADD FLAVOUR

- Mash boiled potato with boiled pumpkin or kumara and a little milk.
- 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.
- Bake potatoes in the oven, slice tops and remove inner filling. Combine with corn kernels, low fat sour cream and ham and stuff mixture into potato skins. Bake in oven to heat through.

## STORAGE

- Store potatoes in a cool, dark, dry place.
- Store them away from onions.

## VEGE UP

- Add cubes of potato to casseroles, curries and stews at the beginning of cooking.
- Roast with other vegetables such as pumpkin and kumara for a roast vegetable salad.
- Top a basic mince mixture with mashes potato and sprinkle low fat cheese, grated, on top. Bake in oven to make a Shepard's Pie.

## COOKING

- Boil in water covered for about 8-15 minutes or until just tender, depending on size of the pieces.
- Steam over a pot of boiling water for 10 minutes.
- Microwave potatoes with a little water in a covered dish for about 8 minutes, depending on size.
- Lightly brush potatoes with 1 Tbsp oil and roast at 200°C for 40-45 mins, or until tender and brown.