

# Fruit & Vege Co-op



## Potatoes

STORAGE	PREPARATION
Store potatoes in a cool, dark, dry place.	<ul style="list-style-type: none"><li>- Scrub under water and cut potatoes into pieces or leave smaller potatoes whole.</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>	
RECIPE: Potato and Pea Salad (Serves 8)	
1 kg new potatoes 2 cups fresh or frozen peas	
<b>Dressing</b> 2/3 cup mayonnaise ½ cup mint leaves Zest of lemon Salt and pepper to taste	
<ol style="list-style-type: none"><li>1. Brush potatoes and boil in salted water until tender. Drain and leave to cool.</li><li>2. Put peas in a pot with just boiled water and bring to the boil. Drain and leave to cool.</li><li>3. Mix together the mayonnaise, lemon zest, finely chopped mint leaves, salt and pepper.</li><li>4. Put potatoes and peas in serving dish, spoon over dressing and toss. Serve.</li></ol>	
<b>Serving Suggestions</b> <ul style="list-style-type: none"><li>- Take to a BBQ, picnic or pot luck dinner.</li><li>- Serve with tinned tuna for a weekend lunch.</li><li>- Serve with roast chicken and a green salad.</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

