

Fruit & Vege Co-op



Potatoes

STORAGE	PREPARATION
Store potatoes in a cool, dark, dry place.	<ul style="list-style-type: none">- 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	VEGE UP
<ul style="list-style-type: none">- 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 in potato skins. Bake in oven to heat through.	<ul style="list-style-type: none">- 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 mashed potato and sprinkle low fat cheese, grated, on top. Bake in oven to make a Shepherd's Pie.
COOKING	
<ul style="list-style-type: none">- Boil in water covered for about 8 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 30-45 mins, or until tender and brown.	
RECIPE: Potato Salad (Serves 5) Adapted from: <i>Kia kaha Te Kai</i>	
4 medium sized potatoes, peeled 1 small onion, or spring onion, chopped 1 Tbsp vinegar ¼ cup plain, unsweetened yoghurt ¼ cup mayonnaise (low fat) 1 tsp mustard (optional)	<div style="border: 1px solid red; padding: 5px; text-align: center;">TIP: This recipe is a great way to use up leftover potatoes!</div>
<ol style="list-style-type: none">1. Wash potatoes and peel. Place in a pot of water and bring to the boil.2. Turn stove down and simmer for 20 minutes until firm but cooked through.3. Drain the water off and cut potatoes into small pieces.4. Combine onion with potato and mix with vinegar while still warm. Leave to cool.5. Mix the yoghurt and mayonnaise (and mustard if using) in a bowl. When the potatoes are cool, mix these in with the mayonnaise mixture.6. Cover and place in refrigerator for at least an hour before serving.	
Variations	
<ul style="list-style-type: none">- Add chopped parsley or mint for additional flavour.- Add hard boiled eggs and other vegetables such as peas, corn, sliced capsicum or gherkin.- Use low fat sour cream in place of mayonnaise or yoghurt.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

