

Potatoes

Available

All year round.

Buy

With no cuts, bruises, green patches or shoots.

Store

In a well-ventilated, cool, dark place.



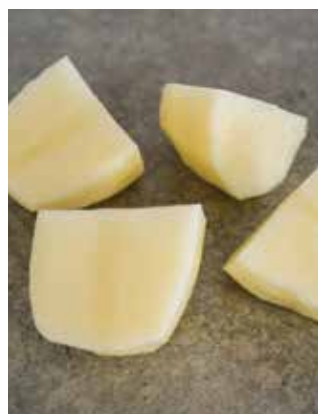
Prepare



Wash to remove the soil.



Peel the potato (optional).



Chop into quarters.



Slice into wedges.

Cook

Can be:



Boiled



Mashed



Wedges



Baked with beans



Potato wedges

(serves 4)

Ingredients

4 potatoes, skins on,
cut into wedges
2 tablespoons oil
Pinch of salt
Pepper

Method



Heat oven to 225°C. In a large bowl mix together the potato wedges and oil.



Spread evenly on a low sided roasting tray. Bake for approximately 30 minutes or until crispy and golden brown.



Season with salt and pepper.



Serving Suggestion: Serve with chilli beans and cheese.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes