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.
Chopped 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

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

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

3. Season with salt and pepper.

4. 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