

# Potatoes



## Available

All year round.

## Buy

With no cuts, bruises, green patches or shoots.

## Store

In a well-ventilated, cool, dark place.

## Prepare



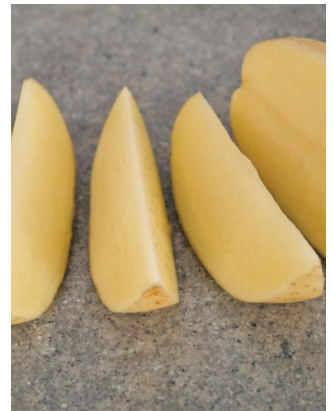
Wash to remove the soil.



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](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz) or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)