

40 Ways to Cook Healthy Potatoes.



Contents

1. OVEN BAKED POTATO WEDGES	3
2. PESTO POTATO SALAD	3
3. ZESTY DILL POTATO SALAD	4
4. WARMING POTATO AND LENTIL CURRY	5
5. AUTUMNAL POTATO AND PUMPKIN SOUP	6
6. POTATO AND VEGETABLE KEBABS	6
7. SPIRALISED POTATO SALAD	7
8. POTATO, CHICKEN AND BROCOLLI PIZZA.....	8
9. POTATO CAESAR SALAD.....	8
10. POTATO AND BEAN SOUP.....	9
11. CHICKEN AND POTATO POT.....	10
12. POTATO CHOW MEIN	10
13. CHICKEN AND POTATO TRAY BAKE	11
14. TUSCAN POTATOES AND CHICKEN	12
15. POTATO AND VEGETABLE SOUP.....	13
16. LEFTOVER SUNDAY LUNCH HASH.....	14
17. WARM POTATO AND TUNA SALAD	15
18. POTATO AND MUSHROOM OMELETTE.....	16
19. SPICY POTATOES WITH CHICKEN AND TOMATO	17
20. VEGETABLE BAKE WITH POTATOES.....	18
21. ASPARAGUS AND POTATO FRITTATA.....	19
22. INDIAN OVEN CHIPS.....	19
23. VEGETABLE GNOCCHI WITH MUSHROOM AND LENTIL RAGU	20
24. LAYERED VEGETABLE LOAF	21
25. POTATO BASE PIZZA.....	22
26. CRISPY LOW FAT ROAST POTATOES	23
27. POTATO SALAD.....	24
28. SPICY BEAN AND POTATO CHILLI.....	24
29. SALSA JACKET POTATO	26
30. DAUPHINOISE POTATOES	26
31. VEGGIE COTTAGE PIE	27
32. GOULASH	28
33. MEDITERRANEAN POTATO BAKE	29
34. CHIPS.....	29
35. JACKET POTATOES.....	30
36. POTATO AND HAM SOUP	30
37. ROASTED POTATOES AND VEGETABLES WITH RED PEPPER DIP	31

40 Ways to Cook Healthy Potatoes.



38. POTATO, BACON AND PEPPER SALAD.....	32
39. MUSTARD MASH.....	32
40. STUFFED POTATOES.....	33

40 Ways to Cook Healthy Potatoes.



1. OVEN BAKED POTATO WEDGES

- Potatoes
- 1 tablespoon oil
- 2 teaspoons herbs (dried thyme, rosemary, oregano...)
- 1 teaspoon paprika
- A pinch of 4 spices mix (4 different varieties of pepper)
- Salt and pepper

Cooking instructions:

- Preheat oven to 390°F (200°C).
- Clean the potatoes carefully with running water, you don't have to peel them because skin plays a big role for the final taste! Cut potatoes in quarters.
- In an airtight container (or a freezer bag), put the potatoes, oil and spices. Now the fun begins: shake to mix well, then set aside.
- Arrange the potatoes on a baking sheet lined with parchment paper. Bake for about 40 minutes, checking and turning potato wedges from time to time.

2. PESTO POTATO SALAD

- 8 eggs
- 150 g frozen peas
- 800 g potatoes peeled
- 2 large stalks of basil
- 4 large sprigs parsley
- 2 large stalks of mint
- 60 g pine nuts
- 1 clove garlic, crushed
- Olive oil
- 2 tablespoons of wine vinegar
- Salt and pepper

Cooking instruction:

- Boil water and vinegar in a saucepan. When water boils, add the eggs and cook for 4 minutes. add immediately to cold water. Wait until completely cool before peeling the eggs.

40 Ways to Cook Healthy Potatoes.



- Cook peas in boiling water for ten minutes. add immediately in iced water then drain (it makes them stay bright green).
- Cook the potatoes in boiling water, 12 to 15 minutes depending on their size. Check with the tip of a knife.
- In a mixer, add Parmesan, basil, garlic, pine nuts, mint (except two or three leaves), parsley (other than a stem). Gradually add olive oil while mixing: you'll get a paste looking like a pesto.
- Drain the potatoes and cut them into cubes. Season the potatoes with the pesto. Add vinegar, peas, and Pepper.
- Keep refrigerated until ready to serve.
- Add the eggs on top and chop the remaining parsley and mint.

3. ZESTY DILL POTATO SALAD

- 500g medium potatoes, scrubbed
- salt, to taste
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon white-wine vinegar
- $\frac{1}{2}$ diced red bell pepper
- $\frac{1}{2}$ diced green bell pepper
- Handful of chopped spring onions
- 1 Tablespoon chopped fresh dill
- Freshly ground white or black pepper, to taste

Cooking instruction:

- Boil the potatoes in water in a saucepan until tender, about 20 minutes.
- Drain and let stand until cool enough to handle.
- Cut potatoes in half lengthwise, then cut into approximately 1/2-inch slices. Place in a serving bowl.
- Sprinkle the potatoes with balsamic vinegar, white-wine vinegar, and oil, tossing gently to coat.
- Add red and green bell peppers, spring onions, dill, and pepper and toss gently to mix.
- Serve at room temperature.

4. WARMING POTATO AND LENTIL CURRY

- 500g Potatoes roughly cubed
- 175g red split lentils
- 70g tinned chickpeas
- 4tbsp curry powder
- 1 clove of garlic
- 1 thumb of ginger
- 1 small onion, peeled
- 2 green chillies
- 1tsp cumin seeds
- 1tsp ground turmeric
- 1 tin of chopped tomatoes
- 2 handfuls of spinach
- 500ml water
- 1 bunch of fresh coriander
- 1 small head of cauliflower
- Rapeseed or olive oil spray to sauté

Cooking Instructions:

- Parboil the potatoes for five minutes, then drain.
- Blend together the garlic, ginger, onion and chillies then heat some oil in a saucepan and cook the mixture with the cumin, turmeric and a pinch of salt and pepper for about three minutes on a gentle heat. Add the curry powder and cook for one minute more.
- Put the potatoes, tomato, water and lentils in the saucepan and bring to the boil. Season.
- Cook for about fifteen minutes on a gentle boil until the water is well absorbed. Crush some of the potatoes to thicken the remaining liquid.
- Add the spinach and chickpeas stir well and top with chopped coriander.
- Meanwhile, prepare the cauliflower. Either grate it or blitz it in a food processor until it becomes a coarse crumb.
- Transfer to a bowl and cover with cling film. Microwave for three minutes and serve with the curry.

5. AUTUMNAL POTATO AND PUMPKIN SOUP

- $\frac{1}{2}$ pumpkin (approx. 400g), peeled and cut into small cubes
- 500g potatoes, cut into small cubes
- Sage leaves from one sprig
- 1 red onion, diced
- 1 clove of garlic, crushed
- 1tbsp olive oil
- 200ml vegetable stock
- Salt and pepper

Cooking instructions:

- Heat the oven to 200c.
- Spread the pumpkin onto a baking tray and scatter over the onion, sage and garlic. Drizzle with olive oil, season and roast for 20 minutes.
- Boil the potatoes in water for 8 minutes until soft, then drain and set aside.
- Blend the pumpkin mix and potatoes together with some vegetable stock and bring to just below the boil. Simmer for a few minutes and serve with parsley scattered over and some crusty bread.
- If you don't have a pumpkin, you could also try using squash

6. POTATO AND VEGETABLE KEBABS

- 6 Medium sized potatoes
- 1 corn on the cob cut into 8
- 1 Large red onion, cut into 8 wedges
- 8 pineapple wedges

For the spice mix

- 1tsp paprika
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp ground coriander or $\frac{1}{4}$ tsp dried chilli flakes
- 1tsp olive oil

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Cook the potatoes for about 5 minutes and drain. The potatoes won't be cooked at this stage.
- Take a skewer and thread a potato on followed by a piece of corn, pineapple and red onion and repeat finishing with a potato. Do this for the three remaining skewers.
- Mix all the spices together with the olive oil and using a pastry brush, brush all over the potatoes and vegetables. Cook under a pre-heated grill or on the BBQ until the potatoes are cooked, and the other vegetables are nicely charred.
- Serve with rice, Pasta, salad, or a little chilli sauce.

7. SPIRALISED POTATO SALAD

- 2 large potatoes, peeled
- $\frac{1}{2}$ jar roasted red pepper (or cooked fresh red peppers)
- 10 black olives, chopped
- 1 thick slice of ham, chopped
- 20g pine nuts
- 10 basil leaves, chopped
- Zest of $\frac{1}{2}$ lemon
- 1tbsp olive oil
- Salt and pepper

Cooking Instructions:

- Bring a saucepan of water to the boil. Spiralize the potatoes and cook for 3-4 minutes and drain.
- Toast the pine nuts in a frying pan over a low heat, transfer to a large mixing bowl.
- Add the lemon zest, olive oil and basil. Toss the spiralized potato in the dressing and season with a little salt and pepper. Finally mix in the roasted pine nuts and arrange onto a serving plate.
- Top with the chopped ham and a sprinkling of the olives and serve.

8. POTATO, CHICKEN AND BROCCOLI PIZZA

- 400g leftover fluffy potatoes, sliced
- $\frac{1}{2}$ broccoli head, cut into small florets
- 4 tortilla wraps
- 250ml fresh tomato pasta sauce
- 2 cooked chicken breasts, sliced
- 1 tbsp fresh rosemary, roughly chopped
- 4 tbsp hard cheese eg Parmesan

Cooking instructions:

- Heat the oven to 200°C/180°C /Gas Mark 6.
- Place the broccoli florets in a pan of boiling water for 1 minute, then drain and refresh under cold water.
- Place 4 wraps onto two large flat baking trays
- divide the fresh tomato sauce between the wraps and spread out evenly.
- Top with slices of potato.
- Add the sliced chicken and broccoli, then scatter over the rosemary and Parmesan.
- Transfer to the oven to bake for 10 minutes.

Top Tips: you can use frozen broccoli; you will just need to cook it for longer.

- You can use any other meats you like, this tastes great with leftover turkey or beef

9. POTATO CAESAR SALAD

- 500g Salad potatoes
- 100g Pancetta slices, cut in half, or 6 rashers smoked streaky bacon, cut into three
- 4 Spring onions, thickly sliced
- 1 Courgette, thinly sliced
- lettuce, roughly chopped
- 3tbsp Caesar dressing

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Scrub the potatoes, cut into cubes
- Place potatoes in a pan with just enough boiling water to cover them. With the lid on, bring to the boil and simmer for 15 minutes or until tender and then drain.
- Allow potatoes to cool slightly.
- Cut off fat from Bacon
- Place bacon in a pan and dry-fry until crispy.
- Add spring onions and courgette, cook until very slightly softened.
- Place lettuce in a layer on the bottom of a dish or plate, pile on the potatoes and pancetta mixture.
- Serve drizzled with dressing

10. POTATO AND BEAN SOUP

- 600g potatoes, peeled and diced
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 stick celery, sliced
- 400g tin mixed beans, drained and rinsed
- 1½ tsp dried mixed herbs
- 1 vegetable stock cube
- 850ml water
- 2 tsp tomato purée
- Salt and pepper
- 2 tbsp freshly chopped parsley

Cooking Instructions:

- Heat the oil in a large saucepan and gently fry the garlic, carrot, celery and potatoes for 3-4 minutes.
- Add the remaining ingredients and bring to the boil.
- Simmer for 10-15 minutes or until the potatoes are tender.
- Sprinkle with the parsley to serve

11. CHICKEN AND POTATO POT

- 4 Medium potatoes cut into small cubes
- 1tbsp Olive oil
- 1 Onion, finely chopped
- 1 Clove of garlic, chopped
- 2 Small courgettes, thickly sliced
- 4 Skinless Chicken breasts cut into small chunks
- 3 carrots, peeled and cut in half lengthways
- 2 sweetcorn's cut in half lengthways
- 300ml Chicken stock
- 50g Tender stem broccoli
- Handful of fresh herbs - thyme, coriander and parsley or you could use 1 tsp dried mixed herbs.

Cooking Instructions:

- In a large saucepan heat the oil and add onion, garlic, courgettes, and chicken, cook for 3-4 minutes.
- Add the carrots, corn, potatoes, stock and herbs. Bring to the boil and fast simmer for 15-20 minutes with lid on pan.
- Three minutes before the end of cooking add the broccoli to the top of the pan to lightly steam.

Top Tip: you can use fresh or frozen broccoli.

You can also try this with different meats, fish or tofu

12. POTATO CHOW MEIN

- 4 Medium potatoes, cut into small thin 1 cm strips
- 1 Onion, chopped
- 1 Clove garlic, crushed
- 300ml Vegetable stock
- 2tbsp Black bean sauce
- 2tbsp Orange juice
- 200g Packet prepared stir-fry vegetables.

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Add onion and garlic to a large saucepan.
- Add the potatoes, stock, black bean and orange juice, bring to the boil and then lower the heat to a simmer.
- Cook for about 10 minutes with lid on until the potatoes are just tender. Add the vegetables and stir well and lightly cook for a further 2 minutes.
- mix well together

13. CHICKEN AND POTATO TRAY BAKE

- 4 medium potatoes cut into thin slices
- 4 Chicken breasts, cut into chunks
- 2tbsp Plum sauce
- 100g Baby sweetcorn
- 1 Red pepper, deseeded and cut into small cubes
- 3 Spring onions finely sliced.

Cooking Instructions:

- Preheat oven to Gas Mark 6, 200°C, 400°F.
- Place all ingredients (except spring onions) onto a large baking tray - you can use two smaller ones. mix to coat all ingredients in the sauce. Spread out into one single layer on the tray(s).
- Place in oven and cook for 25 minutes until browned and tender.
- Serve scattered with spring onions.

14. TUSCAN POTATOES AND CHICKEN

- 300g potatoes, peeled and cut into 2cm cubes
- 3 chicken breasts cut into chunks.
- 1tbsp olive oil
- 1 medium onion, finely chopped
- 1 medium carrot, chopped
- 2 celery sticks, chopped

- 3 garlic cloves, crushed
- 1 tin of chopped tomatoes
- 300ml chicken stock
- 1tsp sage
- 1tbsp chopped parsley

Cooking instructions:

- In a large Saucepan add the olive oil, season the chicken, and cook until nicely golden then remove from the saucepan.
- Add the onion, carrot and celery to the saucepan and cook this until the vegetables are soft, stirring every so often.
- add the chicken back to the saucepan with the garlic and cook for about 2 minutes.
- Add the tinned tomatoes, chicken stock and sage and bring to the boil.
- Once boiling stir in the chopped potatoes turn down to a simmer, pop a lid on and cook for 15-20 minutes, stirring every so often until the potatoes feel tender.
- Serve with Salad.

15. POTATO AND VEGETABLE SOUP

- 1 large potato, peeled and cubed
- 1tbsp olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, crushed
- 1tsp thyme leaves
- 100g red lentils
- 500g vegetables, roughly chopped, such as sprouts, carrots, parsnips and squash
- 1200ml turkey or vegetable stock
- 1tsp chopped fresh chives

Cooking Instructions:

- This soup is a great way of using up all those left-over vegetables and once made can be frozen for another day.
- Begin by gently frying the onion for a few minutes in the olive oil.
- add the garlic, thyme and potato, fry for a further minute before adding the left-over vegetables and stock.
- Bring to a gentle simmer and cook for 10 minutes.
- Blend the soup until smooth, pop back on the heat,
- add the chopped chives, season with salt and pepper
- simmer for 5 minutes and serve with warm crusty bread.

Microwavable version:

- Take a large microwavable bowl add the olive oil, potato, garlic, lentils and 200ml of the stock and cook for 5 minutes.
- add the leftover vegetables, another 200ml of the stock and cook for a further 8-10 minutes.
- Carefully tip into a liquidizer and add the rest of the stock, blend until smooth.
- Pour back into the bowl, season with salt and pepper, warm back up through the microwave and serve with chopped fresh chives a warm crusty bread.

16. LEFTOVER ROAST HASH

- 6-8 leftover roast potatoes
- 200g leftover Sunday lunch vegetables (carrots, swede, broccoli, cabbage etc)
- 150g leftover roast meat, shredded
- 1 sprig rosemary, finely chopped
- 1 teaspoon horseradish (or mustard)
- 1tbsp plain flour
- 2tbsp sunflower oil (for frying)

Cooking Instructions:

- Roughly chop the potatoes and mash slightly with a fork.
- Roughly chop the vegetables and mix the two together in a large mixing bowl.
- Stir in the leftover roast meat, horseradish (or mustard), rosemary and season with salt and milled pepper.
- Divide the mixture into 4 and form into cake-like shapes.
- Pop into the fridge for 5-10 minutes.
- Heat a large frying pan with oil.
- Toss the cakes into the flour, shaking off any excess and fry for about 5 minutes over a medium heat until golden.
- Flip and cook on the other side.
- Serve hot from the pan

17. WARM POTATO AND TUNA SALAD

- 350g Salad/Baby potatoes (such as Charlotte or Maris Piper), sliced in half
- 2 tins of tuna
- 50g black pitted olives
- 1 small red onion, finely sliced
- 150g runner beans, sliced into 2cm pieces
- 50g sundried tomatoes, roughly chopped
- 100g curly Kale, roughly chopped
- 20g sunflower seeds
- Juice of 1 lemon
- 2tbsp olive oil

Cooking instructions:

- Cook the potatoes in a saucepan of boiling water and when ready drain and leave to cool.
- Once cooled cut the potatoes into bite size pieces.
- While the potatoes are cooking, slice the onion and drain the tuna.
- In a fresh saucepan of water cook the runner beans for 4-5 minutes then add the kale and cook for 10 seconds and drain.
- In a large serving bowl add the potatoes, runner beans, kale and red onion.
- Drizzle in the olive oil and lemon juice and mix well.
- Add the tuna, sundried tomatoes and black olives, lightly mix and serve.

18. POTATO AND MUSHROOM OMELETTE

- 2 medium-sized potatoes, peeled and thinly sliced (equates to 300g)
- 100g mushrooms, sliced
- 5 medium eggs
- 20ml milk
- 1tbsp olive oil
- 10g butter
- 2tbsp chopped fresh parsley
- Salt and pepper

Cooking Instructions:

- For this recipe you need a large frying pan
- Place the sliced potatoes into a pan of boiling water and cook for 5 minutes, drain and leave.
- In the frying pan add the olive oil and butter and cook the sliced mushrooms until soft, for about 5 minutes.
- While the mushrooms are cooking preheat your grill to medium.
- In a bowl lightly whisk the eggs, milk, parsley and a little seasoning.
- Pop the potatoes into the pan with the mushrooms, arrange so the pan is evenly covered. Pour in the egg mixture and cook over a very low heat until the egg is setting around the edge,
- pop under the grill and continue to cook until set.
- Serve with salad.

19. SPICY POTATOES WITH CHICKEN AND TOMATO

- 650g potatoes, halved
- 2tbsp olive oil
- 1 onion, chopped
- 2tsp ground cumin
- $\frac{1}{2}$ tsp dried chilli flakes
- 300g cooked chicken, cut into bite-sized chunks
- 1 (400g) can chopped tomatoes
- 3tbsp chopped fresh coriander (optional)
- 2 garlic cloves, crushed (optional)

Cooking Instructions:

- Heat the oil in a large non-stick frying pan, add the onion and fry for 2 minutes until soft.
- Add the potatoes, garlic, cumin and chilli and cook for a further minute, stirring.
- Add the chicken, canned tomatoes, then half fill the can with water and add this to the pan.
- Bring the mixture to the boil then simmer uncovered for 14 minutes until the potatoes are tender and the sauce thickened slightly.
- Stir in the coriander and season to taste.
- Serve in bowls with green beans.

20. VEGETABLE BAKE WITH POTATOES

- 1 tbsp vegetable oil
- 1 English onion, finely chopped
- 1 clove garlic, crushed
- 2 red/green peppers, cut into small chunks
- 1 courgette, chopped
- 1 stick of celery, chopped
- 1 tbsp tomato puree
- 3 English tomatoes, roughly chopped
- 3 tbsp red wine (or you could use a shake of Worcestershire sauce instead)
- 1 tbsp dried oregano
- 450g smooth or salad potatoes, scrubbed and sliced
- 50g Cheese, grated

Cooking Instructions:

- Heat the oil in a large pan then add the onion and garlic and gently fry until soft.
- Add the peppers, courgette and celery and continue to fry for 10 minutes.
- Meanwhile place the potatoes in a pan of boiling water, cover and simmer for 10 minutes or until tender, drain and set aside.
- Stir in the tomato puree, red wine (Worcestershire sauce), oregano, salt and pepper into the vegetables. Simmer for 5 minutes.
- Transfer to an ovenproof dish then top with the cooked slices of potatoes, sprinkle over the grated cheese and cook for 15 minutes or until the top is golden brown.

21. ASPARAGUS AND POTATO FRITTATA

- 200g potatoes, quartered
- 100g asparagus tips
- 1 tbsp olive oil
- 1 onion, finely chopped
- 6 eggs, beaten
- 40g cheddar, grated
- Salad to serve

Cooking Instructions:

- Heat the grill to high. Put the potatoes in a pan of cold water and bring to the boil.
- Once boiling, cook for 4-5 mins until nearly tender, then add the asparagus for a final 1 min. Then drain.
- Heat the oil in an ovenproof frying pan and add the onion. Cook for about 8-9 mins until soft.
- Mix the eggs with half the cheese in a jug and season well.
- Pour over the onion in the pan, then scatter over the asparagus and potatoes.
- Top with the remaining cheese and put under the grill for 5 mins or until golden brown.
- Cut into wedges and serve with salad.

22. INDIAN OVEN CHIPS

- 1kg potatoes peeled and cut into chunky chips
- $\frac{1}{2}$ tsp turmeric
- 3 tbsp sunflower oil
- thumb-sized piece of ginger, peeled and chopped, or finely grated into a paste
- 3 garlic cloves, peeled and chopped, or finely grated into a paste
- 1 tsp fennel seeds
- generous pinch of cayenne pepper

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- The day before you plan to eat them, tip the potatoes into a pan of cold water and add the turmeric and pinch of salt.
- Bring to the boil, and simmer gently for 2-3 mins until just cooked. Drain, leave to cool, then chill overnight.
- Heat oven to 200C/180C fan/gas 6.
- Drizzle 1 tbsp of the oil in a shallow roasting tin (preferably non-stick), and place in the oven.
- Pour the rest of the oil into a large bowl and add the ginger, garlic, fennel seeds and cayenne pepper.
- Tip the cold chips into the bowl and mix with your fingers until evenly coated.
- Place the chips in the roasting tin.
- Use a spatula to coat the chips in the hot oil,
- then lay them out in a single layer and roast for 30 mins.
- Use the spatula to turn, then return to the oven for 15 mins until crisp and golden.

23. VEGETABLE GNOCCHI WITH MUSHROOM AND LENTIL RAGU

- 400g potatoes
- 400g sweet potatoes
- 1tbsp olive oil
- 4 spring onions, chopped
- 300g mushrooms, finely chopped
- 50g red lentils
- 400g can no added salt chopped tomatoes
- 2 very low salt vegetable stock cubes, dissolved in 250ml boiling water
- 2tsp chopped fresh thyme, plus extra sprigs to garnish
- 1tsp brown sugar
- 160g plain flour, plus extra to dust
- 2 eggs, beaten
- 2 handfuls spinach or rocket leaves

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Prick the potatoes and sweet potatoes all over and place in the microwave on high heat for about 10 min until cooked through. Set aside to cool slightly
- Put the oil in a medium pan set over a medium heat. Add the spring onions and cook for 2 min, then add the mushrooms and cook, stirring, for 5 min until they're browned and softened. Add the lentils, tomatoes, stock, wine, if using, thyme and sugar. Bring to a simmer and cook for 20 min until the liquid has reduced.
- Meanwhile, bring a large saucepan of water to the boil. Scoop out the potato and sweet potato flesh from the skins into a large bowl and mash well. Add the flour, eggs and some freshly ground black pepper and stir to make a dough.
- Put the dough on a board dusted with flour, divide it in half, then roll each half into a long sausage. Cut each sausage into bite-size pieces to form gnocchi, sprinkling them with a little flour if they're too sticky.
- Add the gnocchi to the boiling water. Cook for 1-2 min until they float to the surface, then cook for a further 1 min. Transfer to 4 plates or bowls using a strainer or slotted spoon.
- Add the spinach or rocket to the sauce and stir to wilt, then pour the sauce over the gnocchi.

24. LAYERED VEGETABLE LOAF

- 1 x 350g pack cubed potato and squash (or prepare your own)
- Cooking oil spray
- 125g Philadelphia Lightest
- 1 garlic clove, crushed
- 2tbsp finely chopped fresh chives
- $\frac{1}{2}$ x 400g can no added salt chickpeas, drained
- 1 large round wholemeal loaf (about 575g)
- 50g baby spinach
- 2tbsp basil pesto
- 200g roasted red peppers in brine from a jar, patted dry with kitchen paper

Cooking Instructions:

- Heat the oven to 200°C/fan 180°C/gas 6.
- Line a baking tray with non-stick baking paper. Arrange the potato and squash on the tray, spray lightly with oil and grind over some black pepper. Bake for 30 min or until tender, then remove from the tray and leave to cool.
- In a bowl, combine the Philadelphia, garlic, and chives.
- Put the chickpeas in another bowl and mash with a fork.
- Slice off the top third of the loaf and set aside. Scoop out the centre of the loaf (freeze to use for breadcrumbs later), leaving a 2cm-thick shell.
- Spread the inside of the shell and the underside of the loaf 'lid' with the cheese mixture.
- Put the cooled squash and sweet potato into the loaf shell and gently mash down using a fork.
- Add half the spinach and top with the pesto, peppers and chickpeas, followed by the remaining spinach.
- Replace the lid and wrap the loaf tightly in clingfilm.
- Put it between two plates, with a heavy object on top to press down the filling, then put in the fridge for 3-4 hr.
- Slice into 6 wedges to serve.
Top tip: you can also serve this warm, place in the oven on a low heat for 10-15 minutes before serving

25. POTATO BASE PIZZA

- 1 large potato (300g), sliced into 1cm-thick rounds
- 1 large sweet potato (300g), sliced into 1cm-thick rounds
- Spray cooking oil
- 2 garlic cloves, crushed
- 4tbsp no added salt tomato purée
- $\frac{1}{2}$ small red onion, finely diced
- 75g frozen sweetcorn
- 75g small mushrooms, sliced
- 2tbsp chopped fresh flatleaf parsley
- 60g reduced-fat cheddar, grated
- 12 cherry tomatoes, quartered

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Heat the oven to 200°C/fan 180°C/ gas 6.
- Line a large baking tray with baking paper.
- Arrange the potato and sweet potato slices in a single layer on the tray (discard the ends).
- Spray with oil, then turn and spray again. Bake for 18 min until the slices start to soften.
- Remove from the oven and turn the slices over.
- Meanwhile, combine the garlic and tomato purée in a bowl with 2tbsp water.
- Spread the tomato mixture evenly over each potato slice using the back of a spoon.
- Top with the onion, sweetcorn and mushrooms, then sprinkle over the parsley and cheese.
- Top with the tomato quarters.
- Return to the oven for a further 12 min or until the cheese is melted and the bases are cooked through.
- Serve warm or at room temperature.

Top Tip: You can add any vegetables you like to the pizza like peppers, leeks or peas

26. CRISPY LOW FAT ROAST POTATOES

- 1.8kg potatoes, peeled and cut into 4cm chunks
- 3tbsp olive oil

Cooking Instructions:

- Preheat the oven to 190°C/fan 170°C/gas 5.
- Put the potatoes into a large pan of cold water and bring to the boil.
- Reduce the heat and simmer for 8 min.
- Drain well, then return to the pan and add the oil. Shake the pan to roughen up the edges, then season with black pepper.
- Transfer to a very large baking sheet and roast for 1 hr or until crisp and golden.

40 Ways to Cook Healthy Potatoes.



27. POTATO SALAD

- 1kg potatoes, scrubbed
- 6 spring onions, thinly sliced
- $\frac{1}{2}$ red onion, finely chopped
- 3tbsp chopped mint
- 125g 5% fat Greek yogurt
- 1tsp wholegrain mustard
- Baby spinach or fresh herbs, to garnish (optional)

Cooking Instructions:

- Boil the potatoes for 10-15 min until just tender. Drain and set aside to cool.
- Whilst the potatoes are cooking, Add yogurt and mustard into a small bowl and mix
- Cut the cooled potatoes into chunks and transfer to a large bowl.
- Add the onions and mint and gently stir to combine.
- Add the yogurt mix and stir gently.
- Season with ground black pepper and garnish with baby spinach or fresh herbs, if using.

28. SPICY BEAN AND POTATO CHILLI

- 1tbsp olive oil
- 1 large onion, finely chopped
- 1 medium carrot, diced
- 1 garlic clove, finely chopped
- 2tsp ground cumin
- 2tsp smoked paprika
- $\frac{1}{2}$ -1tsp chilli powder, to taste
- 1tbsp dried oregano
- 500g carton tomato passata (you can easily make this yourself)
- 1tbsp tomato puree
- 200ml reduced-salt vegetable stock
- 2 x 400g tins red kidney beans, drained
- 350g potatoes, scrubbed and diced

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Heat the oil in a large pan
- Add the onion, carrot and garlic and cook over a medium heat for 3 min or until softened.
- Add the cumin, paprika, chilli powder and oregano and cook for a further 1 min.
- Stir in the passata, tomato puree and stock, then season with black pepper.
- Simmer gently for 10 min, stirring occasionally.
- Add the kidney beans, potatoes and peppers and bring to the boil, then simmer for 12-15 min until the sauce has thickened and the potatoes are tender.
- Remove from the heat.
- Serve with salad.

Passata:

15 Medium tomatoes, chopped

3 Garlic cloves, crushed

1 tbsp olive oil or rapeseed oil

1 tbsp mixed herbs

1 red onion, chopped (optional)

- In a large pan add oil and onions, cook until golden brown.
- Add the tomatoes, mixed herbs, and garlic to the pan and mix.
- Leave them to cook on a low heat for 20-30 minutes, stirring from time to time.
- Place the tomato mix in a sieve, this helps to remove excess liquid, seeds, and skin.

29. SALSA JACKET POTATO

- 300g baking potato, scrubbed
- Cooking oil spray
- 40g smoked or unsmoked bacon medallion, chopped
- 2 spring onions, chopped
- $\frac{1}{2}$ x 400g tin mixed beans in water, drained
- 100g fresh salsa
- 30g extra-light soft cheese
- Chopped fresh parsley, to garnish

Cooking Instructions:

- Preheat the oven to 200°C/fan 180°C/gas 6.
- Prick the potato all over with a fork, then rub with a little spray oil.
- Put on a baking sheet and bake for 50-60 min until crisp on the outside and soft in the middle. If you're short of time (or can't wait!), microwave the potato for 8-10 min instead.
- About 10 min before the potato is ready, spray a frying pan with a little oil, then cook the bacon for 3 min.
- Add the spring onions and cook for a further 2 min.
- Add the beans and salsa to the pan and warm through.
- Cut the baked potato open, top with the salsa mixture and soft cheese, then garnish with parsley.

30. DAUPHINOISE POTATOES

- 400g tin light evaporated milk
- 2 garlic cloves, crushed
- Good grating nutmeg
- 5 fresh thyme sprigs, leaves picked
- 1kg potatoes, peeled and cut into 3mm slices
- 2 shallots, thinly sliced
- 40g reduced-fat mature cheese, finely grated

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Heat the oven to 180°C/fan 160°C/gas 4.
- Mix the milk, garlic, nutmeg and all but 1tsp of the thyme leaves in a jug. Season with ground black pepper.
- Layer a third of the potatoes in a large oven dish and sprinkle with half the shallots.
- Repeat the layers once, then finish with a layer of potatoes. Pour over the milk mixture and scatter with the reserved thyme. Cover with foil, then bake for 1 hr 10 min.
- Remove the foil, sprinkle with the cheese and cook for 15-20 min or until the top is golden brown and the potatoes are cooked through.

31. VEGGIE COTTAGE PIE

- Cooking oil spray
- 1 red onion, finely chopped
- 2 celery sticks, finely chopped
- 1 large carrot, finely chopped
- 2 garlic cloves, crushed
- 1tbsp fresh thyme leaves
- 400g tin brown lentils in water, drained
- 400g tin red kidney beans in water, rinsed and drained
- 2 medium courgettes, grated
- 400g tin chopped tomatoes
- 125ml reduced-salt veg stock
- 1tbsp balsamic vinegar
- 1tsp Marmite
- 850g potatoes, peeled and chopped
- 100ml skimmed milk
- 40g parmesan-style vegetarian cheese, finely grated
- Fresh parsley, chopped, to garnish
- Vegetable stock cube

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Heat the oven to 200°C/fan 180°C/gas 6.
 - Spray a medium saucepan with a little oil and set over a medium-high heat.
 - Add the onion, celery and carrot and cook, stirring, for 5 min or until soft.
 - Add the garlic and thyme and cook for 1 min.
 - Add the lentils, kidney beans, courgettes, tomatoes, stock, balsamic vinegar, vegetable stock cube and Marmite to the pan and bring to the boil.
 - Reduce the heat and simmer for 20 min or until the veg are tender and the sauce is thickened.
 - Cook the potatoes in a large pan of boiling water for 12-15 min until tender. Drain, then mash with milk.
 - Spoon the vegetable mixture into a large ovenproof dish.
 - Top with the mashed potato.
 - Bake for 15-20 min until golden and piping hot, then garnish with the chopped parsley.
- Top Tip: Sprinkle to top with cheese and add tomatoes

32. GOULASH

- 500g new potatoes, halved if large
- 2tsp olive oil
- 400g pork tenderloin, diced
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1½tbsp paprika, plus extra to sprinkle
- 1 bay leaf
- 400g tin chopped tomatoes with herbs
- 150ml hot reduced-salt chicken stock
- Handful of fresh parsley, chopped
- 6tbsp low-fat natural yogurt

Cooking Instructions:

- Cook the potatoes in a pan of boiling water over a medium heat for 15-20 minutes, drain and set aside.
- Heat the oil in a large frying pan over a medium-high heat. Add the pork, onion, garlic and paprika, then cook for 2-3 min, stirring, until browned.

40 Ways to Cook Healthy Potatoes.



- Add the bay leaf, tomatoes and stock and bring to the boil.
- Add the par-boiled potatoes, then reduce the heat and simmer for 5 min or until the pork is cooked, the potatoes are tender.
- Season with ground black pepper.
- Remove from the heat and allow to cool slightly, then stir in most of the parsley and 2tbsp of the yogurt.
- Divide the goulash among 4 bowls, then top each with 1tbsp of the remaining yogurt and serve sprinkled with the remaining parsley and extra paprika.

33. MEDITERRANEAN POTATO BAKE

- 800g salad potatoes, thickly sliced
- 1 courgette, sliced
- 1 aubergine, sliced
- 1 red or green pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 50g pine nuts, chopped
- 2ml red pesto (optional)
- 1 tsp olive oil

Cooking Instructions:

- Preheat the oven to 200C/180C fan/gas mark 6.
- Put the potatoes, chopped vegetables and pine nuts in a large roasting tin.
- Drizzle with the oil and mix to coat.
- Bake for 20 minutes, or until tender
- Add the pesto, if using, and bake for another 5 minutes.
- Serve immediately.

34. CHIPS

- 4 potatoes, scrubbed, each cut into 8 wedges
- 1 tbsp vegetable oil
- 1 pinch ground black pepper

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Preheat the oven to 200°C/fan oven 180°C/gas mark 6.
- Lightly grease a baking sheet with a little vegetable oil.
- Put the potato wedges into a roasting tin.
- Add the remaining vegetable oil and mix to coat.
- Season with black pepper.
- Transfer to the oven to bake for 35-40 minutes, turning them over after 20 minutes.

35. JACKET POTATOES

- baking potatoes, scrubbed

Cooking Instructions:

- Preheat the oven to 200°C/fan oven 180°C/gas mark 6.
- Prick the potatoes, then bake towards the top of the oven for 1 hour, or until tender.

36. POTATO AND HAM SOUP

- 300g Potatoes cubed
- 200g shredded ham
- 1 onion, sliced
- 100g split red lentils
- 1.5l chicken stock
- 200g spring greens or Kale, sliced
- 4 eggs
- 1 tbsp olive oil
- Salt and pepper

Cooking Instructions:

- Gently cook the onion in the olive oil and season a little.
- Add the stock and potatoes and lentils and bring to the boil.

40 Ways to Cook Healthy Potatoes.



- Simmer for 10-15 minutes, check and adjust the seasoning. Add more water if needed.
- Poach the eggs for three minutes.
- Add the greens to the hot soup, return to the boil and stir well then remove from the heat.
- Stir in the ham hock.
- Serve each soup with a poached egg on top and black pepper.

37. ROASTED POTATOES AND VEGETABLES WITH RED PEPPER DIP

- 300g Potatoes
- 1 tbsp olive oil
- 1 small courgette, quartered
- 4 carrots, halved
- 1 small cauliflower, quartered
- Salt and ground black pepper
- A little ground coriander

For the dip

- 1 marinated pepper, chopped
- 50g feta cheese
- 1 tbsp extra virgin olive oil
- 2 tsp red wine vinegar
- $\frac{1}{2}$ -1 tsp ground coriander
- 4 whole almonds, finely chopped (optional)
- 1 tbsp freshly chopped parsley, plus extra to garnish

Cooking Instructions:

- Preheat the oven 200°C/fan oven 180°C/gas mark 6.
- Put a baking tray in the oven to heat up for 5 minutes. Tip the potatoes onto the tray and roast for 30-40 minutes until golden.
- Brush the oil all over the courgette, carrots and cauliflower pieces and season well then sprinkle a little ground coriander over them.

40 Ways to Cook Healthy Potatoes.



- Roast the vegetables for around 15-20 minutes. Keep an eye on them to make sure they're all cooking evenly.
- Put the pepper, feta, oil, vinegar and ground coriander into a food processor and whiz until smooth. Season well, then whiz again.
- Spoon the dip into a pot and add the almonds and parsley.
- Arrange the roast potatoes and vegetables on a large serving plate (or divide between two plates) and serve with the red pepper dip.

38. POTATO, BACON AND PEPPER SALAD

- 700g potatoes
- 4 rashers bacon, cut off Fat and dice
- 280g jar grilled peppers or make your own
- 1 bunch spring onions, cut into 1cm pieces
- 1 avocado, diced
- 1 tbsp white wine vinegar
- Fresh or dried herbs like basil, parsley, mixed herbs(optional)

Cooking Instructions:

- Cut the potatoes in half & boil on the hob for 5-10 mins until soft
- Dry fry the bacon for 3-4 minutes until crispy.
- Drain the peppers and reserve the oil.
- Mix the bacon, peppers, spring onions and avocado into a large bowl.
- Mix the vinegar and 1-2 tbsp reserved oil and stir into the salad with the potatoes.
- Serve warm with salad.

39. MUSTARD MASH

- 750g potatoes
- 1 clove garlic, crushed
- 2tbsp mustard
- 1 tbsp French mustard
- 100ml milk
- 25g butter (optional)

40 Ways to Cook Healthy Potatoes.



Cooking Instructions:

- Cut the potatoes into chunks and place in a large saucepan, cover with water and bring to the boil. Simmer for 15-20 minutes or until tender, drain and return to the pan.
- Mash the potatoes with the milk, butter and mustard and garlic and season to taste.

40. STUFFED POTATOES

- 4 medium baking potatoes
- 300g cottage cheese
- 75ml milk
- 2 tablespoons low fat plain Greek yogurt
- 1 spring onion (chopped)
- $\frac{3}{4}$ teaspoon mixed herb, seasoning
- 6 drops hot pepper sauce (optional)
- 2 tablespoons grated Parmesan cheese (or grated Cheddar)

Cooking Instructions:

- Prick potatoes with fork. Bake at 180-200°C for 60 minutes or microwave on high until fork is easily inserted.
- Cut potatoes in half lengthwise. Carefully scoop out potato leaving about 1/2 inch of flesh inside shell. Mash in large bowl.
- Mix in the remaining ingredients except cheese. Spoon mixture into potato shells.
- Sprinkle each top with cheese.
- Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown