

Super “tips” on Super foods for Super kids.



The value of potatoes

Mr Willow the “bear chef” says:

“Potatoes are a super food for children. They provide the energy children need to have fun, exercise and play. They are fat free, bursting with vitamins and minerals and a great source of vitamin (Vitamin C is found in a wide variety of fruit and vegetables. It helps to protect us from illnesses and helps us to recover when poorly.

Top Food Tip:

You can make this tasty potato dish in the oven. Use large wedges as they contain less oil pro rata than thinner ones.

Healthy Recipe:

“Moon shaped” chips or vegetable wedges

Wash and brush some potatoes and/or other root vegetables like carrots (leaving the skins on). Dry and cut into wedges or chips. Chop up finely some fresh garlic and rosemary, add a pinch of sea salt and pepper (or crush in a pestle & mortar). To this add 1 or 2 “glugs” of olive oil. Toss the potatoes/vegetables in the fragrant oil mixture until lightly covered. Place in a hot oven 180°C for approximately 35-45 minutes until golden brown and soft in the centre. Wonderful!



(More recipes available www.willow-cottage.com)