

Potato (Makes 7 portions)

Ingredients

400g/14oz potatoes*

Method

1. Wash, peel and chop the potatoes, cover with boiling water and cover over a medium heat for about 15 minutes.
2. Blend with some cooking liquid or low protein milk to make to the desired consistency.
3. Alternatively you can bake the potato.
4. Preheat the oven to 200°C/400°F/Gas Mark 6 for 1-1½ hours until soft.
5. Scoop out the inside and mash with a little low protein milk and a knob of butter.

Note

*Each portion is equivalent to 1 exchange. Remember, 1 small/egg sized potato (80g) equals 1 exchange.