



Baked Potatoes + Tuna (Serves 4)

A classic comfort food which will help to keep you full for the afternoon. Baked potatoes go well with so many different fillings. Here are some of our suggestions.

Ingredients

- 4 baking potatoes or sweet potato

Fillings:

- 2 cans tuna, drained and 4 tbsp reduced fat mayonnaise

Method

1. Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
2. Wash potatoes and prick all over with a fork
3. Place on baking tray and bake in oven for 1 hour, or until potatoes are soft
4. Alternatively cook in microwave for 10-15 minutes
5. Whilst potatoes are cooking, mix tuna with the mayonnaise
6. Remove potatoes from oven, cut in half and divide filling evenly between potatoes

Nutrition

Starchy foods, such as potatoes, are an important part of a healthy diet. As well as providing energy from carbohydrate, potatoes are a good source of potassium. Potassium helps to regulate fluid balance in the body, it also helps the heart muscle to work properly.

Potatoes are also a good source of fibre, make sure you eat the skin for extra fibre.

Other tasty fillings for your baked potato:

Homemade baked beans ([check out our recipe](#))

Vegetarian Bean Chilli ([see our dinner recipe](#))

Vegetable Curry ([see our dinner recipe](#))

Nutrition per portion - 260g

Energy 320kcal 16%	Fat 9.4g 13%	Saturates 1g 5%	Sugars 3.9g 4%	Salt 0.4g 6%	Protein 17.1g 34%	Carbs 39.5g 15%	Fibre 4.6g -
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% of an adult's reference intake

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk