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**

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>320kcal</td>
<td>9.4g</td>
<td>1g</td>
<td>3.9g</td>
<td>0.4g</td>
<td>17.1g</td>
<td>39.5g</td>
<td>4.6g</td>
</tr>
</tbody>
</table>

16% 13% 5% 4% 6% 34% -

% of an adult's reference intake

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