

This superb cold potato salad provides an abundance of antioxidants from the carotenoids and polyphenols that provide its striking colours. Polyphenols are also known to slow carb digestion in the gut, which is helpful to reduce blood glucose spikes. Sweet potato (rather than rice) was a staple food in the traditional Okinawan diet. Okinawa is a prefecture of Japan known for the longest, disability-free life expectancy in the world. During times of food scarcity, the people in Okinawa ate sweet potato for breakfast, lunch and dinner!

SWEET AND COLOURFUL POTATO SALAD

PREPARATION: 12 MINUTES, COOKING: 25 MINUTES, SERVES 4

280 g (10 oz) (about 1 small) orange sweet potato

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Okinawan sweet potato (cream skin and violet flesh)

250 g (9 oz) (about 2 medium) Congo potatoes (purple skin and violet flesh)

½ small onion, finely sliced

handful of fresh parsley, chopped

¼ cup extra virgin olive oil

⅓ cup apple cider vinegar

1 teaspoon wholegrain mustard

½ teaspoon salt

1. Prepare a large steamer. Scrub potatoes with a potato brush under running water, then chop into medium-sized chunks (approximately 5 centimetres/2 inches). Place into the steamer and cook for 25-30 minutes until tender, testing the different types with the point of a sharp knife and removing as cooked. Note: cooking time will vary depending on the type and size of the potato chunks. Place in fridge for rapid cooling (approximately 1 hour). This step can also be done a few days in advance.
2. Peel cooled cooked potatoes, then cut them into bite-sized pieces and place them in a serving bowl. Add onion and parsley.
3. Place olive oil, vinegar, mustard and salt in a small glass jar, and shake vigorously until emulsified. Pour over potato pieces and gently toss until all ingredients are well coated with dressing. Serve as a side dish. Leftovers can be refrigerated for several days. Recipe is unsuitable for freezing.

TIPS:

- *Buy a small potato brush from a kitchenware store for easy cleaning.*
- *Potatoes taste sweetest when they are first harvested. As they sit in storage, their natural sugars get converted to starch.*
- *Keep the skin on organic potatoes for extra dietary fibre.*

Per serve: energy 1184 kJ (282 Cal); protein 3 g; fat 15 g; saturated fat 2 g; cholesterol 0 mg; carbohydrate 31 g; fibre 5 g; calcium 38 mg; iron 1.0 mg; sodium 330 mg

- Steam potatoes in advance and store in fridge until needed so they have a lower impact on your blood glucose.

- Gourmet potatoes, such as Congo (not a sweet potato) and Okinawan sweet potato (cream skin and violet flesh) are seasonal. If you can't source these, use other pigmented potatoes: for example, Royal Blue potatoes, which have a purplish skin but yellow flesh, or more common sweet potatoes.



This is an ideal dish to make for large groups. It's also perfect to whip up for yourself on weekends, then refrigerate or freeze in meal-sized portions for a busy week ahead. Legumes are low GI and their prebiotic fibre will feed the good bacteria in your gut to promote a healthy microbiome.

HOME-STYLE BAKED BEANS

PREPARATION: 15 MINUTES, COOKING: 35 MINUTES + 40 MINUTES BAKING, SERVES 8

3 cups (590 g/21 oz) Great Northern beans, soaked overnight in water

½ cup extra virgin olive oil

2 onions, chopped

1½ teaspoons salt

freshly ground pepper, to taste

1 tablespoon ground sweet paprika

2 tablespoons tomato paste

1 medium carrot, diced

1 stalk celery, chopped

¼ cup lemon juice

1 teaspoon dried oregano

2 tablespoons chopped parsley

1. Rinse soaked beans with water and set aside.
2. Heat olive oil in the base of a pressure cooker and sauté onions for 7 minutes until translucent.
3. Stir in salt, pepper, paprika and tomato paste, and cook for 10 seconds.
4. Add carrot, celery, soaked beans and 3½ cups of boiling water from the kettle. Mix well and cover with lid, then bring to pressure. When at full pressure, turn down heat to very low and cook for 8 minutes. Remove from stove and allow for natural pressure release before opening lid. (Alternatively, cook conventionally by boiling for about 60 minutes or until the beans are tender, adding 2½-3 cups extra water, depending on the amount of evaporation, so beans don't run dry).
5. Pre-heat oven to 180°C (350°F).
6. Transfer contents of the pressure cooker to a deep baking dish approximately 30 cm x 24 cm (12 in x 9 in), and stir in lemon juice, oregano and parsley.
7. Bake for 40 minutes until the top is lightly browned. Serve with fresh salad and some grainy sourdough bread. Recipe stores well in fridge for 5 days. Leftovers can be frozen in single or family portions.

TIP:

- Great Northern beans can be purchased from supermarkets, health-food stores and greengrocers. When they are unavailable, use navy beans (haricot beans) or other white beans.

Per serve: energy 1081 kJ (258 Cal); protein 17 g; fat 15 g; saturated fat 2 g; cholesterol 0 mg; carbohydrate 5 g; fibre 17 g; calcium 154 mg; iron 4.7 mg; sodium 488 mg

*These beans are hearty-
a little goes a long way.*

