



To peel or not to peel

Are you someone who peels every vegetable, regardless of how you are going to be cooking it? Or do you do it out of habit, reaching for the peeler on auto pilot?

Peeling vegetables (and many fruits) is a waste of food, time, money, fibre and nutrients.

In fact, peeling vegetables contributes a huge amount of unnecessary waste to our landfills and compost bins every year. You may not think those few potato skins make a difference, but collectively in New Zealand we throw away 13,658 tonnes of vegetable peelings and 986 tonnes of fruit peelings every year.

Most of this is waste that could be avoided because you don't need to peel most of your produce. Instead just wash your fruit and vegetables before eating them to remove any dirt.

There are some instances where you may prefer to peel your vegetables, such as making mashed potato. However, don't throw away the peels! Use them to make these delicious potato peel chips, vegetable stock or chuck them in the compost.

Potato Peel Chips

Ingredients:

Potato skins (or other vegetable peelings)

Vegetable or olive oil

Salt

Method:

1. Heat oven to 180°C.
2. Mix potato skins in a bowl with enough oil to lightly coat them. Place on a baking tray.
3. Put skins in the oven for 15 mins or until crispy.

Tip:

- Make sure you clean the potatoes well before you peel them

- Try this recipe using Kumara skins

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