



The Oesophageal  
Patients Association  
Caring for the cancer patient & their family

## Jacket Potatoes

### Ingredients

1 large potato per person  
Filling

### Method

Skewer potatoes on metal skewers or wrap in silver foil, and cook in medium oven until soft.

Split open and fill with hummus, soya cheese, baked beans, shepherdess pie filling or ratatouille.

