

Baked Potato

Ingredients:

1 medium potato
(or bake many potatoes at once)



Directions:

- 1 Position a rack in the center of the oven and preheat it to 400°F.
- 2 Wash the potato and dry with a clean kitchen towel. If the potato has big black spots, dig those out with a sharp knife.
- 3 Poke the potato all over 8 times with a fork.
- 4 Set the potato directly on the oven rack. Bake until you can easily slide a fork into the center of the potato – about 60 minutes. If the potato is still hard, keep baking it until it's done. A smaller potato will take less time.
- 5 Cut lengthwise to open up the potato. It will be quite hot! Add toppings as desired (See page 2). Eat right away or store in the fridge for up to 3 days.



Microwave your potato instead:

- 1 Poke holes in potato and place on microwave-safe plate and cook on high for 7 minutes.
- 2 If your potato isn't tender after 7 minutes, continue microwaving. Check after each extra minute.

*** Russet potatoes are perfect for baking as they are high in starch so the dry heat in the oven works well.**

***Sweet potatoes are a great option – they cook the same as a white potato!**



Baked Potato Topping Ideas:

- Cooked ground beef with taco spices (chili powder, garlic powder, cumin, oregano), shredded cheese and guacamole
- Tomato sauce, parmesan and mozzarella cheese (melted under broiler)
- Hummus, chopped olives and diced tomatoes
- Chickpeas and curry powder
- Leftover chili and cheddar cheese
- Plain yogurt (instead of sour cream) and green onions
- Cottage cheese, chives, black pepper
- Steamed broccoli, grated cheddar (melted under the broiler)
- Poached or fried egg with hot sauce
- Diced cooked chicken, pesto, mozzarella cheese (melted under broiler)
- Black beans, corn, salsa, cheese, cumin, chili powder, cilantro
- Light canned tuna with diced tomatoes and melted cheese
- **Healthy Start's Bean Dip:**

Mash beans well and mix together with onions and spices below and add 2-3 tablespoons to baked potato:

Beans in tomato sauce	1 can (398 ml)
Onion, finely chopped	2 teaspoons
Garlic powder	½ teaspoon
Cumin	½ teaspoon
Oregano	½ teaspoon
Cayenne pepper	dash (optional)

