

Topped Potatoes

Enjoy a baked potato with a meal or as a snack. For variety and added flavor add different toppings!

Prepare the potato: Rinse, scrub, and dry the potato. With a fork, pierce the skin of a medium potato (5-6 ounces) in several places.

To bake a potato in the oven: Preheat the oven to 400 degrees. Bake the prepared potato for 40-50 minutes or until the potato is tender when tested with a fork.

To microwave a potato: Place the prepared potato on a microwave safe dish in the microwave. Cook on high for 4-5 minutes. Instead of piercing the potato you can also cut a wedge (1/8 inch wide and 1 inch deep) out of the potato. Place in a microwave-safe dish. Microwave on HIGH for 4-5 minutes.

Cooking time will vary depending on the power of the microwave, the size of the potato, and how many potatoes you microwave.

Toppings - After you cook the potato make a slit in the top of each potato and fluff with a fork.

Pizza Potato – For 1 potato – Stir 1 tablespoon nonfat plain yogurt with 1 teaspoon soft margarine or butter spread, into each potato. Top with 1 tablespoon warm pasta sauce, 2 tablespoons shredded low-fat mozzarella cheese, and 1 tablespoon each chopped green pepper and onion, if desired.

Broccoli Cheddar – Combine yogurt and butter as above and stir into potato. Cook ¾ cup frozen or fresh broccoli. Put on potato; Sprinkle with 2 tablespoons reduced-fat sharp Cheddar cheese. Microwave on High for 30 seconds or until cheese melts.

Be creative – top with salsa and reduced-fat sour cream, sautéed veggies, or canned chili



Recipes adapted from www.potatogoodness.com

From The Interfaith Food Pantry
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