Preparing Potatoes

“Baked” Potato (Cooked in microwave)
1. Rub outside of potato with oil, salt and pepper. Prick potatoes all over with tines of a fork. Place oiled potato on a microwave safe plate and cook for 4 minutes.
2. Carefully flip the potato over and microwave on high for another 4 minutes or until tender.
3. Top with toppings of your choice! Some options include: butter, cheese, onions, bell pepper, chili, olives, broccoli, tomatoes, salsa, sour cream, or Greek yogurt.

Mashed Potatoes
1. Boil large pot of water. Peel 4 russet potatoes (optional: keep skin on for more fiber). Cut potatoes into 1 in cubes and place in water.
2. Boil potatoes for 15-20 minutes, or until tender. To test, pierce pieces with fork and if fork goes through easily, they are done. Drain off water.
3. Add 3-4 tbsp. butter, 1/2 cup of milk, and salt/pepper and mash well with potato masher or fork until desired consistency.

Pan-Fried Potatoes with Veggies
1. Cut potatoes into small even cubes. Cut desired veggies into small cubes as well (options can include: onions, bell pepper, cabbage, celery, etc.)
3. Remove from heat and serve with eggs for breakfast/brunch, or with a protein source at lunch or dinner!

*Always wash potatoes and scrub well before preparing.

To reduce the risk of illness:
Wash all produce thoroughly under running water before preparing and/or eating.
Avoid cross-contamination. Do not mix raw meat with ready-to-eat items.
Refrigerate perishable foods promptly and consume by expiration date.

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