Microwave Magic: Loaded “Baked” Potato

Prep Time: 20 min    Cook Time: 20 min    Yield: 3

Ingredients:
• (3) 6-8oz. Med Russet potatoes
• Olive oil, to coat
• Salt and pepper, 1 pinch of each for each potato.

Instructions:
1. Wash the potatoes and scrub well. Trim away any blemishes. Pat them dry.
2. Prick each of the potatoes all over with the tines of a fork.
3. Rub with olive oil, salt and pepper, and place in a microwave-safe dish.
4. Cook the 3 potatoes in the microwave for 5 minutes. (To cook 6 potatoes, cook for 10 min.)
5. Carefully (they’re hot!) flip the potatoes and cook for another 5 min.
6. Pierce with a fork to check doneness. If still firm in the center, keep cooking in 2 minute bursts.
7. Using a towel (if necessary), take the potatoes out of the microwave and let cool for a minute.
8. Cut a cross over the tops and push in the fours ‘corners’ to create a mound in the center.
9. Open, add your choice of optional toppings and enjoy!

Simple Classic:
• Sour Cream
• Green Onion
• Salt/ Pepper

The Classic Upgrade:
• Bacon strips, microwaved
• Green onion, sliced
• Sour cream, dollop
• Tomato, diced
• Salt/ Pepper

Southwestern toppings:
• onion, diced
• Tomato, diced
• Bell pepper, diced
• Canned Corn
• Olives
• Salsa

Chili ‘n’ Cheese toppings:
• Canned Chili
• Shredded cheese
• Green onion, sliced
• Sour cream, dollop

Eat it baked instead of fried!
The carbohydrates in the potato are an excellent source of energy!
It is an excellent source of B6, magnesium, iron, potassium, fiber, vitamin C and niacin.
These are important for brain and nervous system activity.

Total Cost of this meal:
~$6.50
or
$2.17/person