

Healthy Families

Eat together! Play together!

Baked Potatoes

Potatoes are a simple, low cost and satisfying food.

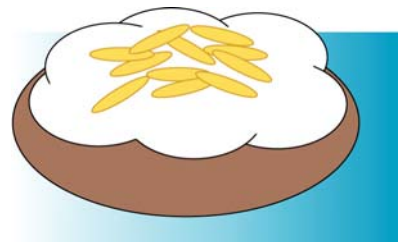
They are great sources of vitamin C, potassium and fiber.

Wash and scrub potatoes before baking, so you can eat the potato skin to get the most nutrition.

Potatoes are easy to bake.

Bake clean potatoes in a 400° oven for 40 to 50 minutes, or until soft when pierced with fork.

Baked potatoes can be the start of a fast and tasty meal.



Top with one of the following toppings and dinner is ready!

Top a Potato!

Stuff a potato with your favorite fillings and heat in the microwave.

- ❖ **Broccoli Cheese Potato** – fill a baked potato with steamed broccoli, cheese sauce and shredded cheddar cheese.
- ❖ **Mexican Potato** – top a potato with taco flavored meat (hamburger, chicken or steak), refried beans, salsa and shredded cheddar cheese.
- ❖ **Fajita Potato** – stir fry chicken or steak strips, green or red peppers, and onions in a small amount of oil. Season with Cajun seasonings. Top potato with fajita mixture.
- ❖ **Seafood Potato** – top a baked potato with imitation crabmeat, shredded swiss cheese and sliced mushrooms. Heat and eat!
- ❖ **Pizza Potato** – top a baked potato with pizza sauce, chopped ham or smoked turkey breast and mozzarella cheese. Heat and eat!
- ❖ **Ham and Cheese Potato** – fill a baked potato with chopped deli ham, chopped tomatoes and shredded cheddar cheese. Heat and eat!