



“Baked” Potato

Ingredients:

- 1 small or medium potato
- ¼ cup (1 oz.) shredded cheddar cheese
- ¼ cup salsa
- 2 tablespoons plain, nonfat Greek yogurt
- 1 tablespoon diced green onion or chives, optional
- salt and pepper, to taste

Instructions:

1. Wash the potato well and stick a fork in it a few times to create holes for steam to exit.
2. Place it in the microwave on a paper towel or microwave-safe plate and, depending on the size of the potato, cook from 3-6 minutes.
3. Stick a fork in it to check if the potato is done. There should be no resistance as you pull out the fork. Cook for another minute or so and repeat as needed until done.
4. Once the potato is cooked, personalize/improvise your baked potato however you like! Try topping it with cheddar cheese, salsa, green onions and Greek yogurt.

Variations:

- Stuff with steamed broccoli and torn up string cheese.
- Up the protein by topping your potato with cottage cheese and canned light tuna or canned wild salmon.
- Season with herbs such as parsley, oregano, Italian spice blend, and pepper.
- For minimal calories, but a lot of filling flavor, spritz with spray oil or “I Can’t Believe Its Not Butter” and add seasonings to taste.

Prep Time: 10 minutes

Cooking Time: 6 minutes

Equipment:

microwave
paper towel
microwave safe plate
fork
measuring spoons and cups

Servings: 1

Serving Size: 1 potato



Nutrition Facts: 270 Calories, 5 g Fat, 3.5 g Saturated Fat, 43 g Carbohydrates, 15 g Protein, 5 g Fiber, 0 g Sugar, 670 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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