

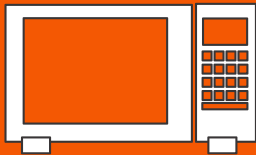
"Baked" Potato in Microwave

Serves: 1

INGREDIENTS

1 medium potato

Your favorite toppings such as broccoli, cheese, chili, spices, etc.



INSTRUCTIONS

1. Scrub potato and prick with a fork 4 or 5 times.
2. Place potato on microwave-safe dish and microwave for two minutes.
3. Rotate potato and microwave for 2 more minutes or until tender to touch. Carefully remove from microwave and eat.

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Potatoes are a good source of potassium and vitamin C.

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Microwave Tips

Potatoes can make a hearty meal. Top your potato with leftover veggies.

Potatoes provide iron, vitamins, and fiber.

Use an oven mitt to protect your hands when removing hot potato.

Poke potato with fork to prevent explosion.

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