

Easy microwave baked potato

Makes one serving

Ingredients:

1 large Russet potato

Choice of toppings:

1 tablespoon olive oil, butter, or margarine

1/4 cup shredded 2% cheese

1/4 cup sour cream or plain non fat Greek yogurt

1/2 cup steamed broccoli

1/2 cup black or pinto beans

2 tablespoons nutritional yeast

Chopped garlic, green onions, or chives

Salt and pepper to taste



Instructions:

Scrub the potato. Using a fork, prick skin of the potato several times to allow steam to release during cooking. Place on microwave safe plate and cook on high power for five minutes. Flip and cook an additional five minutes, or until potato is easily pierced with a fork [time may vary depending on your microwave and the size of the potato]. Slice potato in half lengthwise and add toppings.

Nutrition info: varies with choice of toppings



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