

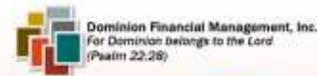
Best Baked Potatoes

Ingredients:

4 medium potatoes (about 1 1/2 pounds)

Directions:

1. Heat oven to 425°F. A preheated oven reduces total cooking time.
2. Scrub the potatoes under cold running water and pat dry.
3. Prick each potato twice with a fork.
4. Place potatoes directly on the oven rack and bake about 1 hour or until potatoes are cooked through. Bake at least 4 potatoes at one time for energy efficiency. Consider baking more potatoes than needed for one meal and refrigerate the extras for a next day meal.
5. Carefully remove the potatoes from the oven using oven mitts or tongs.
6. Serve immediately or let cool, then refrigerate in a plastic bag and use within 4 days. The potatoes will “sweat” inside the bag if you do not let them cool before you put them in the bag. Placing the potatoes in a sealed bag helps prevent them from drying out.



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Serves: 4

Serving Size: 1 medium potato

- ◆ **Tips:** Choose potatoes labeled for baking. Russets and other baking potatoes have a drier texture and a thicker skin. Red skinned potatoes tend to have a thinner skin and a more waxy texture. Some yellow and purple potatoes also are good for baking. Potatoes are readily available and inexpensive all year long.
- ◆ **Food Box Items used for this recipe:** Russet Idaho Potatoes
- ◆ **Additional Food Box Item(s) suggestion:** Top potato with frozen broccoli and/or cauliflower (cooked) and low-fat cheese.

Nutrition Facts

Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	16%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.98mg	10%
Potassium 593mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Source: Iowa State University Extension and Outreach, *Spend Smart. Eat Smart.* 2009-2019

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