

# Baked Potato Bar

**Prep Time: 10 minutes**

**Cook Time: 10 minutes - 1 hour**

**Makes 4 servings**



## Ingredients:

4 medium baking potatoes  
2 cups cooked broccoli (*fresh or frozen*)  
1/2 cup reduced-fat shredded cheddar cheese

## Optional:

1 cup beans (any kind) or cooked chicken  
1/2 cup salsa  
1/2 cup green onion  
1/4 cup low-fat sour cream or plain yogurt

## Directions:

1. Heat oven to 425°F. A preheated oven reduces total cooking time. *Note: For faster cooking, cook potatoes in the microwave.*
2. Scrub the potatoes under cold running water and pat dry. Prick each potato several times with a fork to let steam escape so the potato doesn't explode in the oven.
3. For energy-efficiency, bake at least 4 potatoes at one time.
4. Place directly on the oven rack and bake about 1 hour or until potatoes are cooked through. Using oven mitts or tongs, carefully remove the potatoes from the oven.
5. Cut potatoes in half lengthwise and evenly distribute cooked broccoli and cheese. Use additional toppings of choice, if desired.
6. Consider baking more potatoes than needed for one meal and refrigerate the extras for a next-day meal.
7. Let cool, then refrigerate in a plastic bag and use within 3 days.

**Did you know? Potatoes have more potassium than a banana! Eat the skin for a fiber-rich meal!**



Cerro Gordo County  
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

## RECIPE TIPS

### Use creative toppings!

Baked potatoes become the main dish when topped with beans, scrambled eggs, leftover chili or beef, cooked vegetables and cheese, or spaghetti sauce.

### Choose your potato!

Russets and other baking potatoes have a drier texture and a thicker skin good for baking. Some yellow and purple potatoes are also good for baking.

### Microwave it for a meal in less than 10 minutes!

Wash potatoes and poke with a fork. Place on microwave safe plate and cook 4-7 minutes, just until soft. It is also an easy way to prepare a meal for one or two.

*Serving Size: 1 medium potato with 1/2 cup broccoli and 2 Tbsp. cheese*

### Nutrition Facts:

Calories: 228

Fat: 4 g

Saturated Fat: 2 g

Sodium: 164 mg

Total Carbohydrates: 42 g

Fiber: 6 g

Protein: 10 g



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**Nutrition Services**

Recipe modified from: *Best Baked Potatoes. Spend Smart Eat Smart, Iowa State University Extension and Outreach.* <http://www.extension.iastate.edu/foodsavings/recipes/best-baked-potatoes>

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