



INSTRUCTION CARD - BAKED POTATO

MICROWAVE METHOD (SERVES 4)

INGREDIENTS:

800g potatoes
(approx. 4 medium or 6 if
small)
Canola spray (optional)
Freshly chopped herbs
(optional)

Pepper to taste (optional)
Grated light cheese and
sour cream (optional)

UTENSILS:

Clean paper towel or cloth
Fork
Microwave safe plate or bowl
Tongs

METHOD:

1. Wash and dry the potatoes thoroughly. To do this rinse potatoes well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
2. Pierce the potatoes 3 to 4 times with the fork and place on a microwave safe plate or bowl.
3. Using the canola spray, lightly spray the skin of the potatoes (optional).
4. Cook on full power in microwave for 6 minutes then turn potatoes using tongs. Continue cooking for another 6 minutes.
5. Pierce the potato with the fork to check if cooked through (the fork should easily go in and out of the potato if cooked). If your potato is not cooked, continue to microwave for 1-2 minutes at a time, until fully cooked.
6. Once cooked let your potatoes rest for 1 to 2 minutes.
7. Carefully cut the potato across the top and sprinkle with chopped herbs and/or pepper if desired.
8. Eat as is, or top with a filling of your choice such as a small amount of grated light cheese or a dollop of light sour cream.



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