

# Quick Baked Potatoes

Oven baked potatoes can take 1 hour or more to cook. Pre-cooking potatoes in the microwave reduces the cook time to 30 minutes.



**Use your favorite baked potato toppings like broccoli or canned tuna and cheese.**

More recipes are available at [pittsburghfoodbank.org/recipecards](http://pittsburghfoodbank.org/recipecards)

Greater Pittsburgh  
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Use a fork to poke each potato four or five times. Microwave.



Rub potatoes with oil. Bake for 20-25 minutes.



Top each potato with beans, salsa and shredded cheese.



# Quick Baked Potatoes

Preparation time: 5 minutes | Cook time: 30 minutes | Cost: \$3.25

## Ingredients:

- 4 large **baking potatoes**
- 2 teaspoons **oil**
- 1 (15 ounce) can **black, kidney or pinto beans**, drained and rinsed
- ½ cup **tomato salsa**
- ½ cup **low-fat cheese**, shredded

## Directions:

1. Preheat oven to 450°.
2. Scrub the potatoes clean under cool running water.
3. Use a fork to poke each potato four or five times. This allows steam to escape when potatoes are cooking.
4. Place potatoes on a microwave-safe plate or dish. Microwave for 10 minutes.
5. Allow potatoes to cool slightly. With clean hands, rub potatoes with oil.
6. Place potatoes on a baking sheet. Bake for 20-25 min.
7. Cut potatoes in half, lengthwise. Top each baked potato with ¼ cup beans, 2 tablespoons salsa and 2 tablespoons shredded cheese.

Makes 4 servings

## Nutrition Facts

4 servings per container  
Serving size 1 potato with toppings

Amount per serving  
**Calories 430**

	% Daily Value*
<b>Total Fat</b> 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 81g	29%
Dietary Fiber 16g	57%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 4mg	20%
Potassium 2014mg	45%

\*The % Daily Value 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.

