

Microwave “Baked” Potato

🕒 10 Min

👤 Serves 1



Ingredients

- 1 Russet potato OR sweet potato
- Desired toppings (examples on following page)

Equipment

- Microwave
- Fork
- Plate

Method

1. Wash and scrub the potato/sweet potato
2. Pierce potato all over with a fork
3. Place on a microwave-safe plate and microwave for 3-6 minutes (until potato is easily pierced with a knife)
4. Flip the potato over and microwave for an additional 3-6 minutes
5. Cut potato in half and add desired toppings

Toppings - Pick Three!

Grains

- Russet potato
- Sweet potato

Protein

- Black Beans
- Chickpeas
- Leftover or rotisserie chicken
- Walnuts or pecans
- Bacon or sausage crumbles

Dairy

- Sour Cream
- Swiss cheese
- Cheddar cheese
- Yogurt

Fruits & Vegetables

- Salsa
- Guacamole
- Avocado
- Spinach
- Scallions
- Broccoli
- Side of fruit

Classic

Russet potato
Bacon or sausage crumbles
Sour cream
Scallions

Broccoli-Cheddar

Russet potato
Leftover or rotisserie chicken
Cheddar cheese
Broccoli

Dessert

Sweet potato
Walnuts or pecans
Vanilla yogurt
Side of fruit

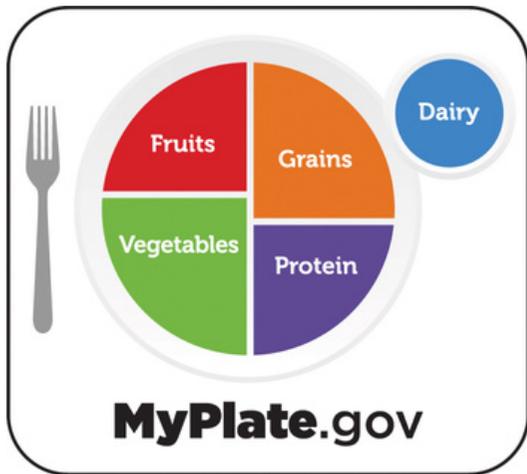
Spinach & Chickpea

Sweet potato
Chickpeas
Swiss cheese
Spinach

Mexican

Russet potato
Black beans
Cheddar cheese
Salsa

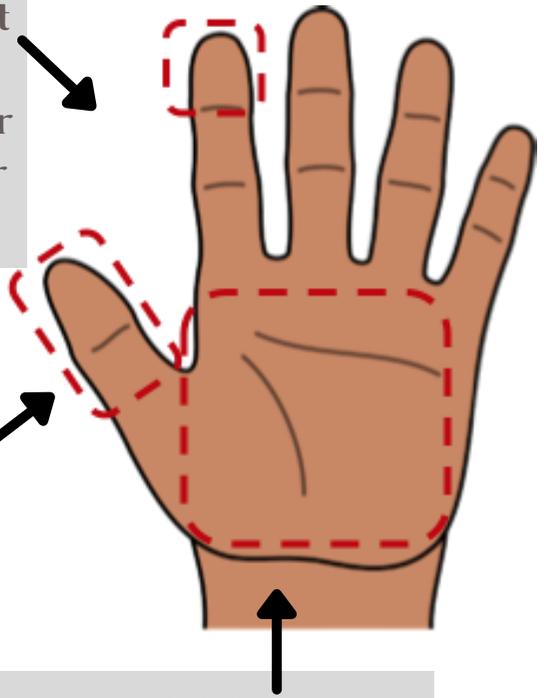
MyPlate & Portion Guidelines



Pro Tip!
Incorporate at least 3 food groups for a balanced meal

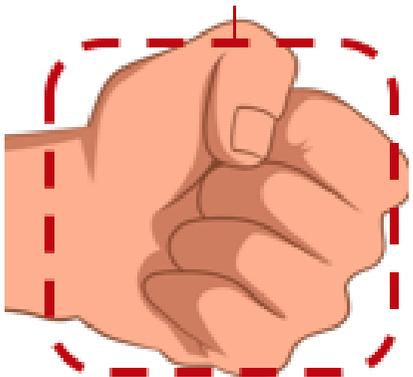
BUTTER & MAYO
Your finger tip is about the size of a teaspoon, which is the portion for mayo on a sandwich or butter on toast.

PEANUT BUTTER
Your thumb is equivalent to one tablespoon. Double this for a serving of almond or peanut butter



GRAINS & PRODUCE
A clenched fist is about one cup, or a serving of most rice, pasta, fruits, and vegetables.

MEAT
The recommended serving size for meat is 3 ounces, or about the size of your palm.



Microwave Safety Tips

Why do you have to prick the potato with a fork?

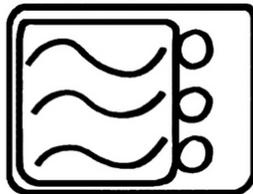
Piercing your potato or sweet potato with a fork allows steam to escape while the potato is "baking" in the microwave. If the steam gets trapped, your potato could explode!

What is a microwave-safe plate?

Not all materials are safe to use in the microwave.

1. Metal - NEVER
2. Plastic - *Sometimes*; look for the microwave-safe symbol
3. Glass - SAFE
4. Ceramic - SAFE

Microwave-safe
symbol



Exercise Benefits

- 60 minutes before exercise, it is important to consume foods rich in simple, starchy carbohydrates and lower in fat.
- Starchier carbohydrates are easier for our body to break down and quickly use for fuel during exercise, whereas fat can take longer to digest, diverting blood flow to our gut instead of to our muscles.
- In addition to being a good source of several vitamins and minerals, potatoes are a GREAT source of these simple, starchy carbohydrates!
- Although higher fat toppings like sour cream, cheese, avocado, or bacon are delicious, it is better to save those for AFTER exercise and stick to lower fat toppings like chickpeas, beans, or chicken for your BEFORE exercise microwave baked potato!

