

# 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

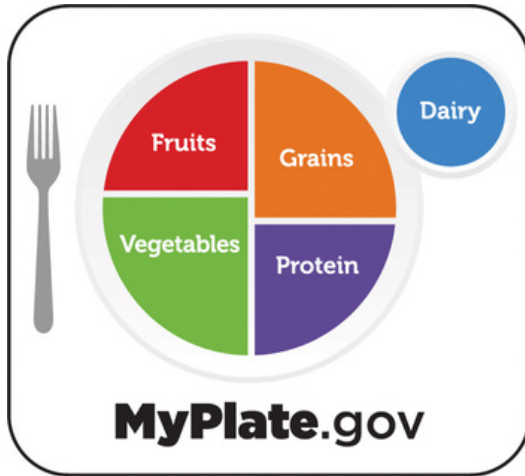
### Spinach & Chickpea

Sweet potato  
Chickpeas  
Swiss cheese  
Spinach

### Mexican

Russet potato  
Black beans  
Cheddar cheese  
Salsa

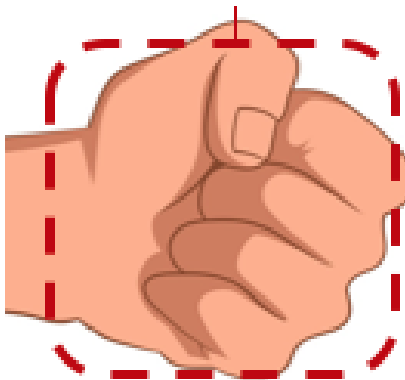
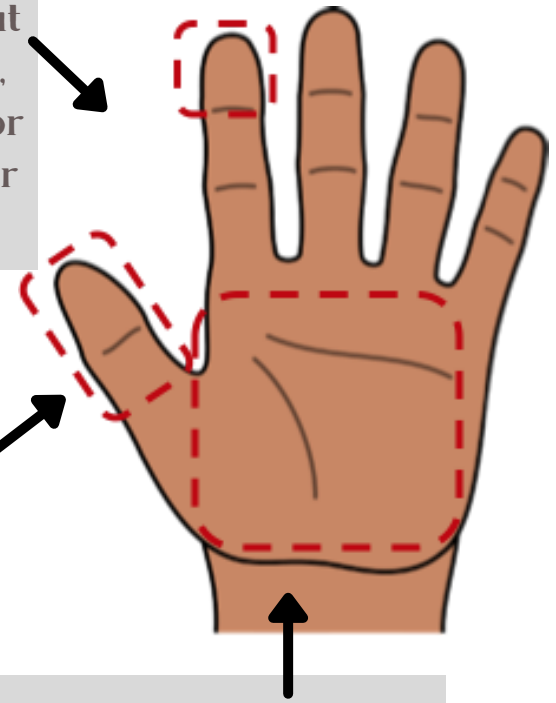
# MyPlate & Portion Guidelines



**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?

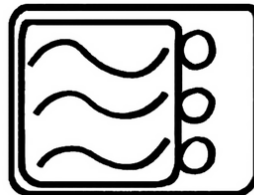
Piercing your potato or sweet potato with a fork allows steam to escape while the potato is "baking" in the microwave. If the steam gets trapped, your potato could explode!

## 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!

