



# Veggie-Topped Baked Potato



1-800-WIC-1007

## Ingredients

- 3 large baking potatoes, washed thoroughly
- 1 cup cooked broccoli (or vegetable of choice), chopped
- 2 green onions, chopped
- Pepper to taste
- 1/3 cup shredded cheese

## Directions

1. Scrub and rinse potatoes.
2. Pierce each potato on all sides using a fork. Microwave on high for 6 minutes, taking them out and piercing them several times every 2 minutes until cooked.
3. Remove from the microwave and cut in half lengthwise.
4. Top each potato half evenly with the broccoli, green onions and shredded cheese.
5. If desired, place back in the microwave for 30 seconds to melt the cheese.

*Serves: 6 • Serving Size: 1/2 potato • Prep Time: 10 minutes • Cook Time: 10 minutes*

## Chef Tips

1. Substitute other fresh, frozen, or canned veggies
2. Try using a different variety of cheese or shredding your own cheese
3. Try this recipe with sweet potatoes
4. Try adding different dried spices
5. Add beans, tofu, or cooked chicken for more protein
6. Instead of microwaving, pre-bake the potatoes in the oven at 400° F for 45 minutes

## Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife



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*Nutrition Facts Per Serving: 181 Calories, 5 g Fat, 35 g Carbohydrate, 6 g Protein, 68 mg Sodium*