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**United States Potato Board
Quick and Healthy Baked Potatoes**

Classic Baked Potatoes

Prep time: 10 minutes
Cook time: 12 minutes
Start to finish: 15 minutes
Cost per serving: \$.50

4 (5-to 6-oz.) Russet potatoes, scrubbed
1/4 cup nonfat plain yogurt
4 teaspoons healthy buttery spread
1/2 teaspoon garlic or seasoned salt
Snipped fresh chives or green onion tops (optional)

Cut a wedge out of each potato about 1/8-inch wide and 1-inch deep and place in a microwave-safe dish. Microwave on HIGH, uncovered, for 10 to 12 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave. Carefully make a slit in the top of each potato and fluff with a fork. Stir 1 tablespoon yogurt, 1 teaspoon buttery spread and 1/8 teaspoon salt into each potato; sprinkle with chives if desired. Makes 4 servings.

Nutritional analysis per serving with skins:

Calories: 160, Fat: 3g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 160mg, Potassium: 651mg, Carbohydrates: 29g, Fiber: 2g, Sugar: 2g, Protein: 4g, Vitamin A: 4%, Vitamin C: 50%, Calcium: 4%, Iron: 8%

Variations

Broccoli Cheddar Baked Potatoes

Place 3 cups tiny broccoli flowerettes in a small bowl with 1 tablespoon water. Cover and microwave on HIGH for 2 minutes. Drain and spoon equal amounts onto each seasoned potato. Sprinkle each with 1/4 cup reduced-fat sharp Cheddar cheese and microwave on HIGH for 2 minutes more to melt cheese.

Cost per serving: \$1.10

Nutritional analysis per serving with skins:

Calories: 250, Fat: 9g, Saturated Fat: 4.5g, Trans Fat: 0g, Cholesterol: 20mg, Sodium: 400mg, Potassium: 825mg, Carbohydrates: 33g, Fiber: 4g, Sugar: 2g, Protein: 13g, Vitamin A: 45%, Vitamin C: 140%, Calcium: 45%, Iron: 10%

Baked Pizza Potatoes

Place 16 slices turkey pepperoni on a plate and microwave on HIGH for 45 to 60 seconds to crisp. Top each seasoned potato with 1/4 cup warm pasta sauce, 1/4 cup Italian blend shredded cheese, 1 tablespoon minced green pepper and 1 tablespoon sliced green onion. Microwave on HIGH for 2 minutes to melt cheese, then, top with coarsely crumbled pepperoni slices.

Cost per serving: \$1.25

Nutritional analysis per serving with skins:

Calories: 290, Fat: 8g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 20mg, Sodium: 590mg, Potassium: 708mg, Carbohydrates: 39g, Fiber: 3g, Sugar: 7g, Protein: 15g, Vitamin A: 10%, Vitamin C: 70%, Calcium: 25%, Iron: 8%

Spinach Alfredo Baked Potatoes

Stir 2 cups coarsely chopped fresh spinach into 1/2 cup light Alfredo sauce. Cover and microwave on HIGH for 2 minutes. Spoon equal amounts onto each seasoned potato, then sprinkle with shredded Parmesan cheese, if desired.

Cost per serving: \$1.00

Nutritional analysis per serving with skins:

Calories: 200, Fat: 6g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 390mg, Potassium: 735mg, Carbohydrates: 31g, Fiber: 2g, Sugar: 2g, Protein: 5g, Vitamin A: 35%, Vitamin C: 60%, Calcium: 10%, Iron: 10%

FINAL