

What's Cooking?



The Perfect Baked Potato:

To Oven-Bake:

- **Step 1:** Preheat the oven to 425°F and grease a baking sheet with oil or butter.
- **Step 2:** Poke holes in the potatoes with a fork all the way around the potato.
- **Step 3:** Rub oil or butter into the skin of the potato. Sprinkle the potato with salt and pepper.
- **Step 4:** Bake the potato on the greased baking sheet and bake for about 60 minutes, flipping the potatoes every 20 minutes.

To Microwave:

- **Step 1:** Poke holes in the potato with a fork all the way around the potato.
- **Step 2:** Cook in the microwave for 5-7 minutes per side. Can wrap the potato in a damp paper towel in the microwave to prevent the potato from drying out.

Topping Ideas:

- Butter, salt and pepper, and sour cream
- Fresh chives and Greek yogurt
- Fresh avocado and lime juice
- Black beans, Greek yogurt, red onion, and cilantro
- Chili, shredded cheese, and sour cream
- Bacon, cheddar cheese, and fried eggs
- Steamed broccoli and cheddar cheese
- Fried egg and hot sauce
- Bacon and ranch dressing

Featured Ingredient of the Week: Potatoes



What to Do with Leftover Mashed Potatoes:

- **Shepherd's Pie:**
 - Layer mashed potatoes, frozen mixed vegetables, and ground beef in a baking dish. Cook for
- **Potato Muffins:**
 - Layer mashed potatoes with your choice of protein and vegetables for an easy and filling grab and go snack! Try a turkey and green bean combo, or a ham, egg, cheese, and spinach combo for a breakfast twist!
- **Crispy Potato Pancakes:**
 - Combine 2 cups mashed potatoes, 1 egg, ½ minced onion, ¼ cup flour, ½ cup grated cheese and salt and pepper. Heat 2 tablespoons of butter in a pan over medium heat. Drop about ¼ cup of the mixture in to the pan and form a small circle with the mixture. Cook for about 3-4 minutes, or until the bottom is brown and crisp. Flip and cook the other side.