

Delicious Dinners

Brilliant Baked Potatoes



Baked potatoes are exceptionally easy to prepare and make a filling and nutritious meal. Potatoes are naturally low in fat and are high in carbohydrates, providing valuable energy. Although generally baked potatoes are served with salt and butter and often accompanied by cheese, this can turn a low fat meal into one high in salt, saturated fat and calories. Baking potatoes in the oven rather than the microwave gives a softer, more pleasing texture to the potato, and means less fat in the form of butter or cheese is needed to improve the consistency. Below is a basic recipe for a baked potato followed by some topping ideas, try serving with a crisp green salad for a healthy winter evening meal.

Ingredients (Serves 1)

1 medium potato (King Edward, Maris Piper, Russet or Désirée work well)

A little olive oil

Equipment

Oven, fork

Method

1. Heat the oven to 200 °C
2. Clean the potato with a vegetable brush under a running tap and dry with kitchen paper
3. Prick the skin with a fork and rub with a little olive oil
4. Place the potato into the oven and bake for 1 – 1½ hours
5. Test to see if it's cooked by pushing a skewer or knife into the potato, it should slide in with a little resistance
6. Remove from the oven, slice the potato open and use a fork to fluff up the potato

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
319	MEDIUM	LOW	LOW	LOW
Kcal	5.7	0.7	1.5	0.07

Topping Ideas

Roasted Vegetables (Serves 1)

Cut 1 carrot, ½ pepper, 1 red onion into small chunks, place into a roasting dish and sprinkle with mixed herbs. Spread onto a baking tray in drizzle with 1 teaspoon of olive oil. Shake until well coated then place into the oven with the potato for around 30 minutes. Remove when starting to colour, add to the baked potato and drizzle with a little balsamic vinegar.

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
148	MEDIUM	LOW	MEDIUM	LOW
Kcal	5.9	0.9	19.1	0.08

'Baked Beans' (Serves 1)

Fry ½ an onion in a little olive oil until soft. Rinse and drain a small can of butter beans and add to the onion with ½ can of chopped tomatoes.

Simmer until the sauce thickens, remove from the heat and spoon over the baked potato. Top with fresh basil.

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
163	MEDIUM	LOW	MEDIUM	MEDIUM
Kcal	4.8	0.7	9.5	1.25

Rainbow Potatoes (Serves 1)

Scoop out the flesh of the baked potato and place into a bowl. Add ¼ of a red pepper and ½ of a carrot, chopped into small pieces, 1 tablespoon of peas and 1 tablespoon of sweetcorn to the potato and mix well. Spoon the potato filling back into the potato skins, top with 1 tablespoon of grated reduced fat cheese and place back into the oven until the cheese melts.

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
95	LOW	MEDIUM	MEDIUM	LOW
Kcal	3	1.6	5.7	0.3