Lesson 3 Grade 7

Stuffed Baked Potatoes

1. Wash and pierce potatoes.
2. Bake in preheated oven 400 F for 1 hour.( When pierced with a fork should go in easily to centre)
3. Remove carefully from oven and cut each potato in half lengthwise.( Do NOT tear skin as used later and use a serrated knife- one with a bumpy edge.
4. Carefully remove potato pulp with a spoon into a medium mixing bowl.
5. Mash potatoes and then add as follows per potato: 2 tsp. margarine, 1-2 Tbsp milk, ¼-1/2 tsp salt, pinch pepper (optional ½ tsp curry and ¼ tsp taco seasoning).
6. Beat until smooth.
7. Refill potato skins carefully using all potato mixture.
8. Arrange carefully in a star formation (more even and quicker heating) on a plate or oven safe dish. Top with shredded cheese.
9. Microwave 1-2 minutes or oven bake at 375F for 10-12 minutes.

Enjoy!!