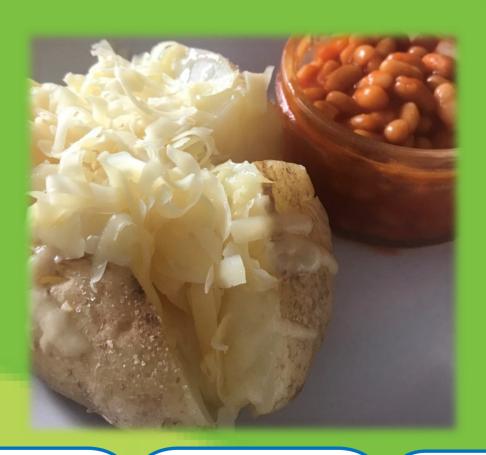


Stay Fit, Stay Healthy, Stay Happy

Kathryn's favourite light meal Baked potato with cheese and beans



Preparation Time Under 10 minutes

Cooking Time
Under 10 minutes

Serves 1

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What will I need?

One medium size baking potato (fits in the palm of your hand)

Optional: small portion of low-fat mature hard cheese or grated cheese

Optional: small tin of baked beans

What will I need to do?

- 1. Wash the potato and using the fork, prick several holes in it.
- 2. Put the potato in the microwave and cook for 5 minutes on high power. Whilst you wait for the potato to bake, prepare your filling.
- 3. Chop or grater the cheese and/ or open a small pot of baked beans.
- 4. Transfer the baked potato on to a plate or into a bowl. Remember its hot! You may want to use Heat Resistant Oven Gloves.

- 5. Take a knife and cut open the baked potato into four sections. You will feel the steam coming up from the inside of the potato.
- 6. Place your filling in the middle, return to the microwave for 30 seconds for the cheese to melt, or add an extra 2 minutes if adding baked beans.
- 7. Remove from the microwave and allow it to cool down for a minute, then serve and eat.

Top Tips

Prick the potato with a fork before baking so the potato does not crack or burst in the microwave oven.

Using Heat Resistant Non-Slip Oven Gloves is a safe way to transfer food in and out of the oven.