

Stovetop Baked Potatoes



A unique, simple way to capture potatoes' true taste and nutrition:

Cut 4 potatoes in half, cut a "cross" into cut side of each potato; wipe dry with paper towel. Place cut side down in dry 11-inch skillet. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 30 minutes. Using fork, fluff insides and top as desired.

Topping suggestions: Fat-free or reduced fat sour cream; grated fat-free Cheddar, mozzarella or Monterey Jack cheese; fat-free cottage cheese; sliced scallions; salsa, chow-chow or chutney; chopped green chilies; low-fat chili; spaghetti sauce and grated Parmesan cheese; sautéed mushrooms; cooked chopped broccoli in low-fat cheese sauce.

Valoración:

