

SPAR 

BETTER CHOICES kids

FREE RECIPE
TO TAKE HOME



Baked Potato



WHAT YOU NEED:

- 1 large potato
- 1 piece of ham
- 3 mushrooms
- Herbal salt
- 60g Mozzarella cheese, grated

WHAT TO DO:

1. Wash the potato and pierce it with a fork several times
2. Place on a plate and microwave on HIGH for 2 minutes. After 2 minutes turn it over using a fork and microwave for another 3 minutes (some microwaves have a special setting for baked potatoes)
3. While the potato is cooking, chop the ham into pieces and mushrooms into very small blocks or slices.
4. Take your potato out of the microwave using oven gloves, because the plate may be hot. Pierce the potato with a knife to see if it is cooked through. If it is, use a kitchen towel to hold the potato with one hand and cut a cross into the top of the potato. Push the potato from the sides, using the kitchen towel, so that it opens up at the top.
5. Stuff the ham, mushrooms and cheese on the top of the potato.
6. Microwave for another 2 minutes until the cheese has melted and mushrooms are soft.
7. Let it cool a little, and enjoy with a simple addition of baby tomatoes and sliced cucumber

ENJOY!