

## Playnormous Healthy Recipes

# Monster Spuds

### Ingredients:

- 1 medium baking potato
- 1 large tomato
- 1 Tbsp. ketchup
- ¼ cup shredded low-fat cheddar cheese

### Directions:

1. Wash the potato and tomato under cold running water. Dry.
2. Use a fork to pierce the potato all over.
3. Place the potato on a microwave-safe plate.
4. Microwave the potato on HIGH for 3 minutes.
5. After 2-3 minutes, use the oven mitts to turn the potato over.
6. Microwave the potato on HIGH for 3 minutes again.
7. After 2-3 minutes, use the oven mitts to take the potato out of the microwave.
8. While the potato cools, chop the tomato into bite-size pieces on a cutting board.
9. Add the tomato to a mixing bowl.
10. Add 1 tablespoon of ketchup to the mixing bowl.
11. When cool, cut the potato lengthwise down the center on the cutting board.
12. Scoop out the inside of the potato with a metal spoon & add to the mixing bowl.
13. With a wooden spoon, stir together the potato, ketchup, and tomatoes.
14. Add half of the potato mixture to each of the potato skins.
15. Measure ¼ cup of low fat cheddar cheese in a ¼ cup measuring cup.
16. Divide the cheese equally between the two potato halves
17. Microwave the potato halves with cheese on HIGH for 1 minute.
18. After 1 minute, use the oven mitts to take the potato out of the microwave.

### Nutrition:

- This recipe makes 2 servings.
- Each serving counts as 1 vegetable.

### Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.
- When using the microwave, remember to use oven mitts and a microwave-safe container – not metal or plastic.

### Substitutions:

- Try 1 cup of microwaved chopped broccoli with ¼ cup low fat Ranch dressing or 1 cup whole black beans with ¼ cup salsa in place of the tomatoes and ketchup.

Source: Children's Nutrition Research Center at Baylor College of Medicine

