

Sliced Baked Potatoes



This is a very easy way to give the bland potato a lot of new flavor. The light coating of butter and cheese gives the potato a crisp outside.

Group 10

Potatoes, Pasta and Rice Card 11



Preparation time: 15 min. **Baking time:** 1 hr. **Oven temperature:** 425°F **Microwave cooking:** see other side

Preparation:

- 1 Peel potatoes if the skin is tough, otherwise just scrub and rinse them.
- 2 Cut potatoes into thin slices but not all the way through. Use a handle of a spoon to prevent knife from cutting all the way.
- 3 Put potatoes in a baking dish. Fan them slightly.
- 4 Sprinkle with salt and drizzle with butter. Sprinkle with herbs.
- 5 Bake potatoes at 425°F for about 50 minutes.
- 6 Remove from oven. Sprinkle with cheese.
- 7 Bake potatoes for another 10 to 15 minutes until lightly browned, cheeses are melted and potatoes are soft inside. Check with a fork.

For 4 servings you will need:

- 4 medium even potatoes
- 1 tsp. salt
- 2 to 3 Tbsp. melted butter
- 2 to 3 Tbsp. chopped fresh herbs such as parsley, chives, thyme or sage or
- 2 to 3 tsp. dried herbs of your choice
- 4 Tbsp. grated Cheddar cheese
- 1½ Tbsp. Parmesan cheese

EASY & TASTY

Tips:

You may use caraway seeds or cumin in place of herbs, if desired. Use about 1½ tsp. for 4 large potatoes.

Good served with:

Any meat, fish or poultry dishes or as a main dish with just a salad.

ROASTED VEGETABLES

1 yellow pepper, quartered, seeds and ribs removed
1 red pepper, quartered, seeds and ribs removed
1 bulb fennel, quartered
1 small winter squash, peeled, quartered and sliced
2 small red onions, quartered
6 whole baby turnips
Salt and pepper to taste
3 Tbs. extra-virgin olive oil
¼ cup balsamic vinegar
½ cup fresh thyme, chopped
In a bowl, mix together oil, vinegar, salt and pepper. Add vegetables and toss to coat. Place in vegetable roaster. Bake in preheated 350° oven for 30 min. or until vegetables are soft. Remove from oven, sprinkle with fresh thyme and serve. Serves 4.