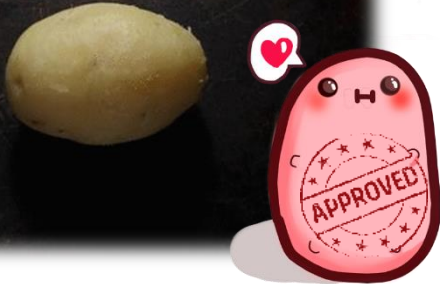


# HOT POTATO!

## The Ultimate Family Friendly Baked Potato Bar

### Good or Bad?



### Get Noticed!

How you prepare a potato can make a significant difference on how the starch is broken down by your body. For example, when eaten in its whole form, the skin supplies almost an additional 2 grams of fibre containing insoluble fibre which aids in bowel regularity, and soluble fibre which aids in reducing cholesterol levels, and slows down digestion and the release of sugar for proper absorption.

### Get Baked!

When baked whole and paired with some nutritious topping combinations that add protein and fat, you can take the potato from a starchy villain to a fun and family friendly nutrition packed superfood. When selecting a variety for baking, a high starch content is ideal! It lends to a light and fluffy texture while a tough skin allows it to crisp perfectly to keep its shape. Lower starch potatoes like red skin and yellow potatoes have a thinner skin and are more appropriate for grilling, sautéing or mashing. So we select the **Russet** (aka Idaho) potato to take the lead role in a **Baked Potato Bar!**

### Then & Now

The potato arrived in Northern Europe in the 16<sup>th</sup> century as a saviour to the poor. Peasants enjoyed fairly good health because of its nutrition which includes many essential nutrients. Today, the potato's lacklustre reputation is largely due to its high rating on the glycemic scale, basically making it sugar. But this doesn't have to make it unhealthy! This starchy staple deserves more than being bullied for one character flaw. Potatoes are a key source of many essential nutrients and complex carbohydrates. Complex carbs help to produce neurotransmitters like tryptophan for healthy sleep, and serotonin for better mood balance. Wonder why the potato is often a "filler" food? Complex carbohydrates also keep you fuller, longer!

### The Ultimate Baked Potato



#### Ingredients

- 1 medium Russet potato
- 1 teaspoon olive oil
- 1/2 teaspoon sea salt
- 2 teaspoons butter

#### Directions

1. Preheat the oven to 425F. Scrub the potato, and pierce the skin several times with a fork. Once preheated, bake for 20 minutes.
2. Remove from oven and brush the skin with olive oil or butter, then with sea salt.
3. Place the potato back into the oven, and bake for another 25 minutes, or until slightly soft and golden brown. Slice the potato down the center, squeeze and fluff with a fork. Serve with butter

**\*Grill:** Line grill with foil and grill for 40-60 minutes with the lid closed. **\*Microwave:** Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook 5 more minutes. When the potato is soft, remove from the microwave. Slice lengthwise and fluff with fork.

# HOT POTATO!

## The Ultimate Family Friendly Baked Potato Bar

### If you Build it They Will Come...

Finding a meal the whole family will enjoy can be difficult. Setting up a baked potato bar allows everyone to customize their plate to their palate, and avoids the frustration of trying to please everyone. This DIY station also makes a great addition to a neighborhood game night, barbecue, or family gathering! Here is a checklist of toppings that are sure to please!



### Winning Combinations

#### FATS & BASICS

- Butter
- Sour Cream
- Coconut Oil
- Olive Oil
- Avocado
- Salt/Pepper/Herbs

#### PROTEINS

- Pulled Pork
- Ground Beef
- Shredded Ham
- Bacon
- Black Beans
- Cheeses

#### VEGETABLES/FRUITS

- Onions
- Steamed Broccoli
- Steamed Cauliflower
- Corn
- Spinach
- Arugula
- Tomatoes
- Pineapple

#### SAUCES/CONDIMENTS

- Chili
- Greek Yogourt
- Pizza Sauce
- Salsa
- Guacamole



#### Kids Love: The Pizza Popper

Pizza Sauce, Cheese,  
Pepperoni Slices,

(And a suggestion by mom and dad to add  
some fresh raw vegetables?)



#### Dads Love: The Canadian Classic

Bacon, Tomato, Cheese,  
Sour Cream, Garlic, Onion,  
and Peppers



#### Moms Love: The Healthy Goat

Top a sweet potato with:  
Goat Cheese, Arugula, Pecans,  
and Balsamic Vinaigrette

#### Did you know that potatoes can be a performance food?

Potatoes are energy packed and are a great source of:

- ✓ **Carbohydrate (26g)**
- ✓ **Potassium (18% RDA)**
- ✓ **Vitamin C (45% RDA)**



Do even better with a **sweet potato swap** for more fibre, complex carbohydrates, and 400% of your daily requirement of Vitamin A!

Sources:

<https://www.potatogoodness.com/nutrition/>

<http://www.newsweek.com/food-science-potatoes-farming-744322>

<https://whatscookingamerica.net/perfect-baked-potato.htm>