

STUFFED BAKED POTATO BAR

1 SMALL BAKING POTATO PER STUDENT

Suggested Toppings

Cheddar cheese, grated	Sour cream
Monterey jack cheese, grated	Salsa
Tomato, chopped	Chili or vegetarian chili (or beans)
Celery, chopped	Canned tuna (or tuna salad)
Green onions, sliced	Margarine or butter
Cucumber, chopped	Bacon bits
Carrot, grated	
Green or red pepper, chopped	
Frozen corn, drained	Optional Dressings
Fresh broccoli, cooked or raw	Lowfat Italian dressing
Garbanzo beans	Ranch dressing
Olives	Thousand Island dressing

Wash and dry the potatoes. Place on baking sheet. Bake at 375°F for one hour or until done. NOTE: May be able to work with child nutrition program staff to use ovens in cafeteria.

While the potatoes are baking, set up the condiment bar. Choose whatever variety of ingredients the students would like to prepare. Wash all vegetables that are being used. Chop, slice or grate vegetables, as indicated. Grate cheeses. Open canned ingredients; drain; empty into small serving bowls.

When the potatoes are cooked and have cooled slightly, split them halfway to the center. Let each student stuff their own potato with toppings of their choosing.

Skills Developed

Bake
Chop
Peel
Slice
Grate
