

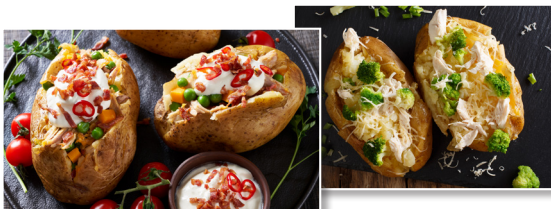
Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN



Dietitian's Dish

Pick up a bag of potatoes and you'll have tons of meal or side dish options!

If you're watching your waistline, you can still include potatoes. They're full of nutrients like potassium (which supports cardiovascular health) and vitamin C (which supports immunity). Potatoes can make a complete meal if you give some thought to how you top them off.



Versatility of potatoes doesn't stop at how you top a baked potato. Thin slices baked until crisp on the outside can be used in place of tortilla chips or bread. Potato slices also offer a naturally gluten-free alternative to bread for flatbreads or bruschetta.

For a nutrient-packed side that needs 5 minutes to prep and is ready in under 15 minutes, this potato is a winner. Check out this and other recipes at: PotatoGoodness.com/potato-recipes.

Power Baked Potato

Ingredients:

- 1 Russet baking potato, about 10 oz.
- ½ cup part-skim ricotta
- ¾ cup baby spinach leaves, chopped if desired
- 1 ½ Tbsps. pesto



Directions:

1. Wash the potato and pat dry. Prick with fork 4-5 times on both sides. Place on a microwave safe plate and microwave on HIGH for 5 minutes. Use oven mitts to flip the potato and microwave an additional 3 minutes. Remove from microwave and set aside.
2. While the potato is cooking, mix together the ricotta and pesto in a bowl.
3. When potato has cooled enough, split open the potato and stuff in the baby spinach leaves. Top with the ricotta-pesto mixture.