Good Grinding for Wise Dining
Potato

Number of servings: 2
* 1 recipe will make 4-6 “taste” servings

Ingredients:
1 medium potato

Directions:
1. SCRUB potato well.
2. CUT approximately into 2-inch chunks.
3. PIERCE potato several times with a fork.

MICROWAVE:
1. MICROWAVE on high 4-6 minutes.
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:
1. PLACE steamer rack into rice cooker. Place about ½ inch of water in rice cooker (not to go over the height of the rack).
2. PLACE potato in automatic rice cooker, COOK.
3. Potato is done when rice cooker automatically shuts off.

* Crumpled foil or foil balls may be used instead of a steamer rack.

Equipment
• Microwave or rice cooker
• Knife
• Cutting board
• Foil or steamer rack (if using rice cooker)
• Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.