

Baked potatoes

Serves 6

Ingredients

- 6 potatoes
- 1 x 420g can baked beans, salt reduced
- 1 cup reduced fat grated cheese



Method

1. Preheat oven to 200°C.
2. Wash and pat dry potatoes. With a fork, prick around each potato six times. Cut a cross in the top with a knife.
3. Par cook potatoes in the microwave for 5 minutes.
4. Wrap each potato in foil and place in the oven to cook for 20 minutes or until soft.
5. Heat baked beans in the microwave or on the stove top.
6. Top potatoes with baked beans and a sprinkling of grated cheese.

Optional: Mix up the flavours by topping potatoes with bolognaise or tuna mixed with creamed corn

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 240g		
	Per serve	Per 100g
Kilojoules (kJ)	835	348
Protein (g)	11.2	4.6
Total fat (g)	3.3	1.4
- Saturated fat (g)	2.0	0.8
Carbohydrates (g)	25.3	10.5
- Sugars (g)	2.4	1.0
Fibre (g)	6.6	2.8
Sodium (mg)	274	114

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.