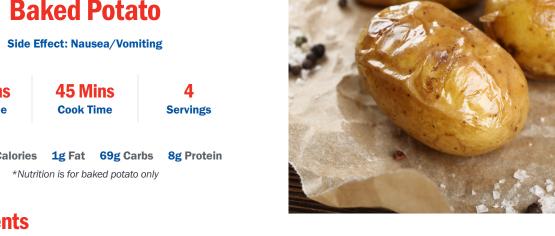


Lunch | Dinner | Snack

Baked Potato

10 Mins Prep Time

303 Calories



Ingredients

4 Servings • 1 Potato Serving Size



Allergens: Dairy

4 Baking Potatoes, such as Russets, scrubbed and washed thoroughly



1 Tsp Extra Virgin Olive Oil

Kosher Salt, to taste

Nausea-friendly topping ideas:

Plain Yogurt

Lemon Juice

Dill

Mint

Salt and Pepper

Mild Cheese, such as mozzarella, pasteurized

Scrambled Eggs

Nourishment Note



Potatoes

Potatoes, in most forms, are often welltolerated when nauseous due to their low odor and mild flavor.

Allergen Swap

Dairy Replace the cheese with non-dairy alternatives or omit

Dairy Omit plain yogurt and replace with a plant-based sour cream

Eggs Omit Eggs



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat the oven to 450°F.

3. Prep Potatoes

Rub the skin of each potato with the olive oil and a sprinkle of salt. Pierce the skin of each potato with the fork 3-4 times.

4. Cook Potatoes

Place the potatoes on the oven rack and roast for 45 minutes or until potatoes are soft.

5. Allow to Cool

Using an oven mitt, carefully remove the potatoes. Slice down the middle. Allow to cool and enjoy plain or top with a suggested nausea-friendly topping.

6. Store

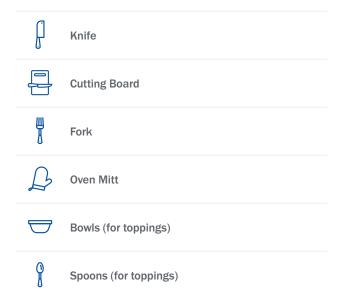
Cooked potatoes will keep covered in the refrigerator for up to 3 days.

7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need



Fatigue Buster

- Ask a friend or family member to assist with preparing this meal.
- Try baking the potato in the microwave thoroughly wash, poke with holes using a fork, and cover in a wet paper towel. Place in the microwave on the 'potato setting' to easily prepare this dish.