



# Happy Cooking, Healthy Living



Follow the link for more helpful information:

 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

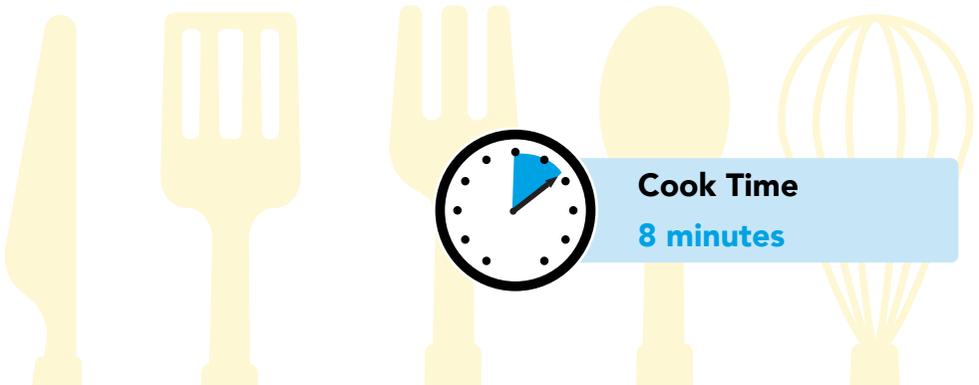
## Jacket Potato

### Ingredients (Serves 1)

- 1 baking potato, pricked with fork
- Toppings: beans, cheese, tuna sweetcorn with low fat mayonnaise, etc.

### Equipment Needed

- Microwaveable container, bowl or plate
- Tin opener
- Grater
- Fork
- Sharp knife



**Cook Time**  
**8 minutes**

## ***Method***

1. Place potato into a microwaveable container.
2. Microwave on HIGH (800W) for 4 minutes.
3. Turn over the potato.
4. Microwave on HIGH (800W) for 4 minutes.
5. Meanwhile, prepare chosen topping.



### ***Allergy Information:***

Recipe contains dairy if using cheese