

## Microwave Twice Baked Potatoes

1 potato, unpeeled  
5 ml margarine or butter  
5 ml milk  
5 ml sour cream  
3 ml chives or parsley

Steamed or stir fried Vegetables – red pepper, mushrooms, broccoli etc.

Bacon bits

grated cheese on top

Wash the potato. Poke holes in it with a fork (2 or 3 sets of holes per side is plenty). Put them in the microwave on paper towel. Bake the potato at High power for 5 to 7 minutes. After they're baked, take them out of the microwave. BE CAREFUL—the potatoes will be hot and a hot potato can burn you! When they are cold enough for you to handle, take them out and cut them in half long-ways, so that you have 2 long potato halves.

Gently scoop out the white inside and put it in a bowl. Try to leave the skins intact—you can leave some white potato in the bottom to help hold the skin together.

Mix the white insides with some milk, some sour cream, some cheddar cheese, some parsley, and some bacon bits. You want to break up the potato and mash it all together until the mixture is creamy—a fork works better than a spoon.

This is a recipe that doesn't need exact amounts. Add the ingredients that you like! You want the mixture to be creamy, and the milk and sour cream help keep it moist. If it is crumbling and won't stick together, add more milk or more sour cream. If it's too wet and drippy, then add more cheese.

Stuff the mixture back into the potato skins. Top with your vegetables. It'll heap up over the top of the skins. Sprinkle some cheese and bacon bits on top.

Stick the potatoes back into the microwave and cook until the cheese on top is bubbling.

BE CAREFUL when you take them out of the microwave—they'll be hot. These potatoes are twice-baked—once in the beginning and once at the end. Enjoy!