

Scrummy Baked Potatoes

(For two)



Ingredients:

2 large potatoes – with skin on, but scrubbed clean (*leaving the skin on maintains a lot of the goodness that a potato has. Most of the vitamins are contained in and around the skin.*)

Hand full of cheese for each potato (*more if you like it*)

Sour Cream

Butter

2-3 cups frozen mixed vegetables (*any kind of frozen veges will do*)

½-1 cup chopped ham (*optional*)

Method:

Using a fork, puncture the potatoes on both sides (this stops the potato from exploding in the microwave). Place potatoes on opposite sides of the microwave plate and cook on high for around 3-4 minutes. Turn potatoes over and cook a further 2 minutes. Keep cooking like this till the potatoes feel soft all the way through when pierced with a fork – decreasing the cooking time each time you do so.

Place frozen veges in a microwave proof bowl. Cover with lid or plastic wrap. Cook on high for around 4 minutes – more if you have more veges.

Cut, mash, or chop potato into pieces on the plate. Sprinkle most of the cheese over potatoes; add butter and/or a dollop of sour cream. Spoon veges and ham over the cream and cheese. Finish off by sprinkling the remaining cheese over the top.

***This recipe can be varied by adding just about anything you like. My son loves it with last night's leftover chilli and cheese, or spaghetti meat sauce.*