

Use the Microwave for...

Healthier Makeover Baked Potato Soup

4 large baking potatoes
1/2 c. butter
1/2 c. flour
8 cups low fat (1%) milk
1 garlic clove, minced
1 cup light sour cream
6 green onions, chopped
1 c. diced ham
2 c. reduced-fat sharp cheddar cheese, grated

For this recipe, you will make a ROUX (rhymes with chew), meaning flour and fat are combined in equal amounts over heat to form a thickener for sauces & soups.

Heat oven to 350°F and bake the potatoes until fork tender, about 1 hour to 1 hour 15 min. (Or bake potatoes beforehand or use the microwave directions below to “bake” potatoes faster).

Melt butter in a medium saucepan. Slowly blend in flour with a wire whisk until thoroughly blended. Cook the roux (flour & butter) until very pale golden. Gradually add milk to the roux, then add garlic and salt and pepper, if desired. Whisk constantly.

Cut potatoes in half, scoop out the interior and set aside. Chop up half the potato peels and discard or refrigerate the remainder.*

When milk mixture is very hot, whisk in potato. Add green onion and potato peels. Whisk well, add sour cream and ham. Heat thoroughly. Add cheese a little at a time until all is melted in. Makes 8 1-cup servings.

Nutrition Facts per Serving**: 470 Calories 23g fat 10g sat. fat 460mg sodium 3g fiber
Source: Adapted from allrecipes.com

“Baking” a potato in the microwave

Potatoes like to take their time to cook, both in the oven and the microwave. Tough potatoes have been cooked either too long or too fast. Follow time guide below.

Ovens vary so you will have to follow you oven’s guide or experiment with timing.

Small “new” potatoes	2-4 minutes per potato*
Medium potato	3-5 minutes per potato*
Large potato (all-purpose & sweet potatoes)	7-8 minutes per potato*

* Turn potatoes over and rotate during cooking.

It may help to cook potatoes until they give just slightly when pressed, then let them rest for 10 to 15 minutes. Just before serving, microwave a few minutes more or until tender. Using a cover over potatoes can help to promote even cooking and hold in heat.

* Use leftover potato skins within 3 to 5 days as a healthy snack. Toast skins with some cheese on top and serve with salsa and light sour cream. Potato skins have vitamins, minerals, and fiber.

**The original recipe contains 756 Calories, 58g fat, 31g sat. fat, 755mg sodium, and 2g fiber

