



Baked Potato

Family Recipe

Serves 6

Ingredients:

- 6 large Russet potatoes
- Olive oil

Directions:

1. Preheat the oven to 400 F.
2. Scrub and dry the potatoes thoroughly. Prick them in several places with a fork. Drizzle them lightly with olive oil and gently rub to coat.
3. Place the potatoes in the oven and bake until tender, approximately 50 minutes.
4. Cut in half and fluff the inside of each half gently with a fork.
5. Serve with salsa, yogurt or low fat sour cream mixed with fresh chopped dill or parsley, or, just a sprinkle of salt and pepper.

For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.

For more information, email dolcott@challiance.org.

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

Do 5-2-1 Every Day!

5 servings of fruits & vegetables

2 hours or less of TV/screen time

1 hour of physical activity