

Stress  
Less  
Edition

# COOKING IN THE MICROWAVE

## BAKED POTATO

### INGREDIENTS

1 potato  
sour cream  
frozen vegetables  
toppings of choice

### METHOD

wash potato thoroughly and  
pierce a few holes throughout  
with a fork

microwave for 5 minutes

flip the potato and microwave for  
another five minutes

in a microwave-safe dish, add the  
frozen vegetables with a splash of  
water

remove the potato from the mi-  
crowave and microwave the vege-  
tables for 2-3 minutes

cut a cross into the baked potato  
and add in the sour cream

add any extra desired toppings

drain any remaining water from  
the vegetables and serve on the  
side

