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Italian Spiced Baked Potatoes

YMCA of Northern
Rock County

Servings: 6

Ingredients:

- 6 medium baking potatoes*
- 2 tablespoons avocado oil or regular olive oil (not extra virgin)
- Salt

Seasoning mixture:

- 1 teaspoon dried ground garlic
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 3 tablespoons avocado oil or regular olive oil (not extra virgin)



This recipe is provided to you
by Y Personal Trainer, Kelly
Jones

Directions:

1. Preheat oven to 425 degrees F.
2. Make a small horizontal cut on the bottom of the potato so it sits flat on the baking sheet (see Note). Lay two wooden spoons [I used chopsticks], one on each side of the potato, to keep the vertical cuts from going all the way through to the bottom of the potato. Make 1/8 inch cuts about two-thirds to three-quarters of the way through the potato. Dry with a paper towel when done. Repeat with all potatoes.
3. Brush potato skins with oil and sprinkle with salt. Using your hands, rub oil and salt into potatoes.
4. Bake 20 minutes on lower rack in oven.
5. Brush with seasoning mixture. Bake 45 minutes longer, brushing potato skins every 15 minutes and slightly opening slits for the last 15 minutes, or until done.
6. Serve hot with any oil from pan or remaining seasoning mixture drizzled over top.

*Feel free to use any size potato and adjust cooking time down by 5-10 minutes depending on size.

Note: Extra skins can also be prepared and baked along with the potatoes, but will take less time to cook. (These might just be the best part of the whole recipe!)

Nutritional Information:

Calories: 273

Fat: 12.1g

Carbs: 37.4g

Protein: 4.6g

