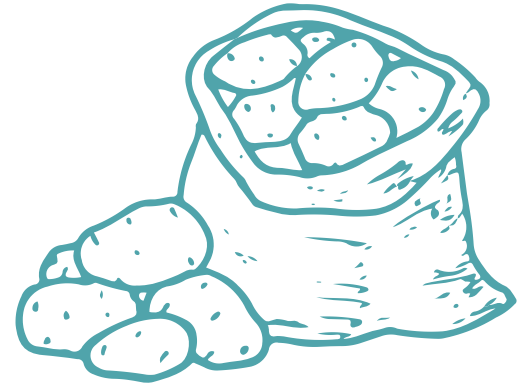


THERE'S MORE THAN ONE WAY TO BAKE A POTATO



Cooking Methods	
Air Fryer	<ul style="list-style-type: none"> Wash and dry the potatoes. Poke holes, oil with butter or olive oil, and season the potatoes. Cook the potatoes in the air fryer at 400°F for about 40 to 50 minutes, until tender. Check the potatoes after 25 minutes, and flip over if they were getting pretty brown on top. Do not overcrowd the air fryer, or the potato skin will not crisp.
Grill	<ul style="list-style-type: none"> Preheat the grill to 375-425°F. Poke holes, oil with butter or olive oil, and season the scrubbed and dried potato. Place the potatoes on the clean grill grate. Cook for 45-60 minutes with the lid down, turning as needed.
Electric Pressure Cooker	<ul style="list-style-type: none"> Add one cup of cold water to the bottom of the pot, insert the metal rack insert, and place five scrubbed medium potatoes on top. Lock it, seal it, and set it to high pressure on manual for 14 minutes, then let the steam release naturally.
Microwave	<ul style="list-style-type: none"> Microwaving a baked potato is the fastest cooking method. It takes about 8 to 12 minutes to microwave a baked potato, depending on the size. Wash and dry the potato. Poke holes, oil, and season the potato. Cook on high setting for 5 minutes, flip, then heat in 1-minute intervals until tender. The insides will be fluffy and tender. The skin will be soft and moist.
Oven	<ul style="list-style-type: none"> Preheat the oven to 425°F or 375°F for a convection oven. Wash and poke the potatoes. Rub potatoes with melted butter or olive oil and season with salt and pepper. Place potatoes directly on oven baking rack or on a baking sheet and bake for 45-60 minutes, or until tender.
Slow Cooker	<ul style="list-style-type: none"> Using a slow cooker gives an extended time option for those who want a hot potato ready later in the day. Poke, oil, season, and then wrap potatoes in foil before adding to the slow cooker. The foil prevents the skin from burning with direct contact with the slow cooker insert. It takes about 4 to 5 hours on the high setting and 6 to 7 hours on the low setting. If cooked too long, the flesh will begin to brown, become soggy and bitter in flavor due to the extended heat.

Compiled by Nutrition and Food Safety Educator, Vicki Hayman

