



Potatoes in a Pouch

Ingredients:

- 1 large russet potato, peeled, cut into wedges
- ½ tablespoon olive oil, divided (or cooking spray)
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions:

1. Scrub potatoes thoroughly, and cut into 12 wedges. Wedges should be around ½ inch or less.
2. Coat wedges with olive oil, salt, pepper, and any additional seasonings of your choice!
3. Double wrap tightly with aluminum foil, and bury potatoes in hot coals.
4. Leave to cook for 15 minutes, or until golden brown.

Variations:

- Can add any spices you wish, such as garlic, paprika, or thyme.
- For creaminess, top with a dollop of light sour cream or Greek yogurt!

Prep Time: 5 minutes

Cooking Time: 15 minutes

Equipment:

Aluminum foil

Knife

Measuring spoon

Servings: 1

Serving Size: 1 potato



Nutrition Facts:	266	11 g	1.5g Saturated	37g	4.4 g	7g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
		94 mg				
		Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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