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Group Members		Absent on Lab day?
☺- Lab Leader		

Potato Skins

Ingredients:

- 1 potato (per group member!)
- 3 T vegetable oil
- 1/2 C shredded Cheddar cheese
- 1/4 cup bacon bits
- Dash garlic powder
- Dash. paprika
- Dash. salt

Read through the directions/ingredients and:

CIRCLE all of the equipment needed
UNDERLINE all of the cooking techniques

Directions:

1. Preheat oven to 375°degrees F. Line baking pan with parchment paper.
2. Wash potatoes, pierce potatoes with a fork. Show teacher when done.
3. Microwave the potatoes on high until they are soft; approximately 10 to 12 minutes.
(work on step 6 now)
4. Cut the potatoes in half vertically.
5. Scoop the inside out of the potatoes, until 1/4 inch of the potato shell remains. Arrange them in the prepared baking pan.
6. Combine oil, garlic powder, paprika and salt. Brush over both sides of potatoes.
7. Bake for 5 minutes in the oven.
8. Remove from oven, fill the potato shells with cheese and bacon bits.
9. Bake for additional 5 minutes or until cheese is melted. Serve hot with sour cream.

Foods Lab Clean Up!

Lab Leader Signature: _____

Teacher Signature: (must be before bell rings) _____