

Lunch | Dinner | Snack

# Baked Potato

Side Effect: Nausea/Vomiting

**10 Mins**  
Prep Time

**45 Mins**  
Cook Time

**4**  
Servings

 **303 Calories** **1g Fat** **69g Carbs** **8g Protein**

*\*Nutrition is for baked potato only*



## Ingredients

 **4 Servings** • **1 Potato Serving Size**  **55 Mins Total Time**  **Allergens: Dairy**

4 Baking Potatoes, such as Russets, **scrubbed and washed thoroughly** 

1 Tsp Extra Virgin Olive Oil

Kosher Salt, to taste

Nausea-friendly topping ideas:

Plain Yogurt

Lemon Juice

Dill

Mint

Salt and Pepper

Mild Cheese, such as mozzarella, **pasteurized**

Scrambled Eggs, **pasteurized eggs**

### Allergen Swap

**Dairy** Replace the cheese with non-dairy alternatives or omit

### Nourishment Note



#### Potatoes

Potatoes, in most forms, are often well-tolerated when nauseous due to their low odor and mild flavor.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Preheat Oven

Preheat the oven to 450°F.

### 3. Prep Potatoes

Rub the skin of each potato with the olive oil and a sprinkle of salt. Pierce the skin of each potato with the fork 3-4 times.

### 4. Cook Potatoes

Place the potatoes on the oven rack and roast for 45 minutes or until potatoes are soft.

### 5. Allow to Cool

Using an oven mitt, carefully remove the potatoes. Slice down the middle. Allow to cool and enjoy plain or top with a suggested nausea-friendly topping.

### 6. Store

Cooked potatoes will keep covered in the refrigerator for up to 3 days.

### 7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Knife



Cutting Board



Fork



Oven Mitt



Bowls (for toppings)



Spoons (for toppings)

### Fatigue Buster

- Ask a friend or family member to assist with preparing this meal.
- Try baking the potato in the microwave – thoroughly wash, poke with holes using a fork, and cover in a wet paper towel. Place in the microwave on the 'potato setting' to easily prepare this dish.