**Baked Potato and Chili**

**Produce**

red or green leaf lettuce (if needed)

cucumber(if needed)

2 medium Russet baking potatoes

cherry tomatoes (if needed)

**Canned/Dried Foods**

one 15 oz. can vegetarian chili (if no chili available in your freezer)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

1 pint leftover Vegetarian Chili (removed from freezer this morning)

4 oz. sharp cheddar cheese (if needed)

plain nonfat yogurt (if needed)