

Baked Potato with Chili

Remember when you froze the leftover vegetarian chili in the second week of September? Well, now's the payoff. Here's an easy weeknight meal! Thaw that chili! Set it out on the counter to thaw during the day or pick up a can of vegetarian chili at your local grocery store.

Comfort food flavors of chili combined with baked potato and a dash of extra sharp cheddar cheese are on tonight's menu. This meal's very satisfying and packs a bunch of potassium and magnesium as a bonus.

Make individual green side salads as a companion to the meal.

Preparation time: 1 hour and 15 minutes - Serves: : 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on plates so they are easy to add when needed.

Baked Potato with Chili

Baked Potatoes:

2 medium-sized russet baking potatoes (scrubbed)
2 tsp. olive oil

Leftover Vegetarian Chili or Commercial Canned Chili:

2 C. Vegetarian Chili

Salad and Dressing

Fixings for a Green Salad

Il Siimplico Dressing:

3 T. extra-virgin olive oil
1 tsp. Dijon Mustard
2 T. rice wine vinegar
1/3 C. low-sodium vegetable broth
pinch of salt

Potato Garnish

2 T. grated sharp cheddar cheese

2 T. plain, nonfat, thick Greek yogurt
(stirred smooth)



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Just have put the potatoes in to bake, and everything else falls into place after prep.

Baked Potatoes

Scrub two russet potatoes. Cut a thin wedge-shaped slice about 1" in length along the top of each potato and rub potatoes with olive oil. Place on an oiled cookie sheet and bake for 50 minute or until tender when pierced with a fork.

Prepare the rest of the meal while they bake.

Leftover Chili

1. If necessary thaw frozen chili in the microwave.
2. Warm chili on stovetop or in microwave and set aside.

If you don't have leftover chili in the freezer, you may use a can of good organic, vegetarian chili.

Salad and Dressing

Assemble 2 green salads on individual small plates.

Dressing:

Combine dressing ingredients in a small jar with a tight-fitting lid. Secure lid and shake well.

Serve

1. When potatoes are tender, remove from oven and let cool for 10 minutes. Place each potato in a shallow bowl and spoon 1 C. hot chili over the potato.
2. Sprinkle each chili covered potato with grated cheese.
3. Place a dollop of yogurt on top of each serving.

Serve salads on side.

What I've Learned from this Recipe

There are good commercial vegetarian chilis in your local stores. Amy's makes a couple of good vegetarian varieties.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com