

The Perfect Baked Potato

Makes: 4 Servings

Fresh Russet potatoes are best for baking, but can also be roasted, boiled, or mashed.

Ingredients

4 medium-sized Russet potatoes (rinsed and dried)
1 **tablespoon** plus 1 teaspoon vegetable oil (if you like)

Directions

1. Preheat oven to 350 degrees F.
2. Remove any bruises or discolored spots from potatoes with the tip of a knife.
3. Cut a small hole in each potato with a fork or sharp knife four times on each side, leaving about 1 inch between each hole. The holes allow steam to escape during baking; if you do not cut the potatoes, they may explode during baking.
4. If you want a softer skin, rub about a teaspoon of vegetable oil over each potato; for a crispy skin, do not use oil. (Wrapping the potato in foil will produce a soft skin not crispy.)

Notes

Tip: Serve hot with your favorite topping.