

Ingredients

Preparation time: 10 minutes

Servings: 1

Cost: \$

1 medium potato
1 cup raw spinach
1 cup canned turkey chili
2 Tbsp. plain nonfat greek yogurt
2 Tbsp. shredded cheddar cheese

Optional toppings

-sliced green onions
-diced red onions
-chopped jalapenos
-peanuts
-hot sauce

Directions

1. Wash and scrub potato clean, pierce with a fork several times.
2. Microwave for 4 minutes, turn over and cook for an additional 2 minutes or until tender.
3. Slice potato in half and top with spinach and chili and microwave for an additional 1-2 minutes to warm chili.
4. Sprinkle cheddar cheese on top along with a dollop of yogurt and any additional toppings.
5. Enjoy with a salad to make it a meal!



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Chili Baked Potato	
Amount	1 potato
Calories	482
Fat (g)	10
Sat. Fat (g)	4
Carb. (g)	69
Fiber (g)	12
Protein (g)	31
Allergen info: Gluten free (depending on chili brand)	

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Cooking Tip

There is a common misconception that microwaving food greatly decreases its nutritional value. Actually, microwaving as a cooking method retains much of the nutrients in food because the cooking times are relatively short, the food is exposed to less heat compared to other cooking methods, and there is little to no water added (as in boiling) to allow nutrients to leach out into the water. Foods that are easy to cook in the microwave include oatmeal, eggs, and vegetables.

Additional ideas for microwaved meals:

<http://greatist.com/health/surprising-healthy-microwave-recipes>.

Performance Facts

This is a perfect evening meal after a hard day of training. It is easy and quick to prepare when you are tired but looking for a home cooked meal. The protein and carbs allow for nutrients replenishment and repair of tissue.