

Crock Pot Baked Potatoes



Yield: 4 –6 SERVINGS

Ingredients:

- 4-6 russet baking potatoes
- 2-3 teaspoons olive oil — 1/2 teaspoon per potato
- 1/2 teaspoons kosher salt — 1/4 teaspoon per potato
- Aluminum foil
- Toppings: Optional...Freshly grated Cheese extra-sharp cheddar, chopped chives, cooked and crumbled bacon; Non-Fat Plain Greek Yogurt

Instructions:

- 1 Scrub the potatoes and dry completely. For each potato, tear off a piece of aluminum foil large enough to wrap around the potato completely. Prick the potato all over with a fork, then place it in the center of the foil. Drizzle with 1/2 teaspoon olive oil and sprinkle with 1/4 teaspoon kosher salt. Rub the salt and oil over the surface of the potato, then wrap tightly with the foil sheet. Place in your slow cooker.
- 2 Cook the potatoes on high for 4 to 5 hours or low for 8 to 10 hours, until soft. Do not overcook, or the potatoes may become soggy. Remove and carefully unwrap (the potatoes will be hot). Split and top with your favorite toppings.

Recipe Notes:

The cooking time will vary based on the size of your potato. Large potatoes will need longer, while smaller potatoes will cook more quickly. I think this method would also work well with other types of potatoes (such as Yukon gold) or sweet potatoes, so feel free to experiment.

NUTRITION INFORMATION:

Amount per serving (1 medium/large (6 ounce) potato without toppings)

Cal: 177, Fat: 2g, Sodium: 280mg, Carbohydrates: 36g, Fiber: 4g, Sugar: 2g, Protein: 6g

