



**Alström Syndrome UK**  
Strength for today, hope for the future

**Stay Fit, Stay Healthy, Stay Happy**

**Kathryn's favourite light meal**  
**Baked potato**  
**with cheese and beans**



**Preparation Time**  
**Under 10 minutes**

**Cooking Time**  
**Under 10 minutes**

**Serves 1**

[www.alstrom.org.uk](http://www.alstrom.org.uk)

## What will I need?

One medium size baking potato  
(fits in the palm of your hand)

Optional: small portion of low-fat  
mature hard cheese or grated  
cheese

Optional: small tin of baked beans

## What will I need to do?

1. Wash the potato and using the fork, prick several holes in it.

2. Put the potato in the microwave and cook for 5 minutes on high power. Whilst you wait for the potato to bake, prepare your filling.

3. Chop or grate the cheese and/or open a small pot of baked beans.

4. Transfer the baked potato on to a plate or into a bowl. Remember its hot! You may want to use Heat Resistant Oven Gloves.

5. Take a knife and cut open the baked potato into four sections. You will feel the steam coming up from the inside of the potato.

6. Place your filling in the middle, return to the microwave for 30 seconds for the cheese to melt, or add an extra 2 minutes if adding baked beans.

7. Remove from the microwave and allow it to cool down for a minute, then serve and eat.

### Top Tips

**Prick the potato with a fork before baking so the potato does not crack or burst in the microwave oven.**

**Using Heat Resistant Non-Slip Oven Gloves is a safe way to transfer food in and out of the oven.**