MICROWAVE COOKING CONCEPT #9:
Pierce foods with a skin (such as egg yolks, potatoes or sausage) to let steam escape.

**Spaghetti Potatoes**
Serves 2

**You Need:**
- 2 medium potatoes
- 1/2 cup spaghetti sauce
- 2 tsp. parmesan cheese
- fork
- paper towel
- bowl
- 1/2 cup dry measuring cup
- 1 teaspoon
- plate
- plastic wrap
- wooden spoon
- water
- sharp knife
- microwave

1. Wash potatoes.

2. Use the fork to pierce the skins of each potato twice.
3. Place paper towel in oven.

4. Arrange potatoes in a circle on paper towel. Leave at least 1 inch between potatoes.

5. Microwave at HIGH power for 5 minutes.

6. Rearrange potatoes and turn them over.
7. Microwave at HIGH power 4 - 6 minutes longer.

8. Let potatoes stand on counter.

9. Measure 1/2 cup spaghetti sauce into a bowl.

10. Cover with plastic wrap, leaving a corner open for steam to escape.

11. Microwave at HIGH power 1 minute.

13. Microwave at HIGH power 1 or 2 minutes longer until warmed through.


15. Cut an X in the top of each potato and split open.

16. Spoon sauce over the potatoes.

17. Sprinkle with 2 tsp. parmesan cheese.
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1/2 cup dry measuring cup
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