

# Special Baked Potatoes

Mary Margaret Neff

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

*medium-size white baking  
potato  
1/4 cup onion, chopped  
1 strip bacon  
1 tablespoon butter  
salt (to taste)  
pepper (to taste)  
shredded Cheddar cheese  
aluminum foil*

Preheat the oven to 350 degrees.

Peel the raw potato. Slice as you would a loaf of bread.

Wrap a bacon strip around the potato.

Place the potato on an aluminum foil square sufficient to wrap the entire potato.

Top the potato with the chopped onion, butter, salt and pepper. Add the cheese.

Close the aluminum foil wrap, completely enclosing the potato. Secure well.

Bake between one and one-half and two hours, depending on the size of the potato.

Serve the potato in the foil, open at the top.

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Per Serving (excluding unknown items): 153 Calories; 15g Fat (84.7% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 219mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.