



What's Cooking?

Episode: Heat

Baked Potato Tacos

Serves 2

Ingredients

2 large baking potatoes (Idaho or Russet potatoes)

For the black beans topping

1 can (15 ounces) black beans, with liquid
½ large green chili pepper, diced
¼ cup green onions, sliced
Salt and pepper to taste

Additional toppings

Shredded cheddar cheese
Shredded lettuce
Sliced jalapeños
Guacamole
Light sour cream

For the salsa topping

2 ripe tomatoes, diced
½ medium white onion, diced
¼ cup green onions, sliced
2 cloves garlic, minced
¼ cup fresh cilantro, chopped
2 tablespoons white vinegar
1 teaspoon salt
½ teaspoon pepper
Dashes of hot sauce (optional)

Directions

Preheat the oven to 350°F. Wash and scrub the potatoes. Poke holes in potato skin with a fork to let steam escape while cooking. Bake potatoes for 1 hour 15 minutes until tender. (If you wish, cook one of the potatoes in a microwave according to the instructions for your appliance.)

Meanwhile, add black beans to a small pot on medium heat. Stir in peppers, green onions, salt and pepper to taste. Let simmer until liquid thickens slightly.

For the salsa, combine all ingredients in a large bowl and mix gently.

To assemble, slice open baked potatoes and layer on toppings as desired.



Do microwaves change the nature of the food they cook?



Of course they do. That's what cooking does to food: whether cooked on the stovetop or in the microwave, heat changes the food chemically, which affects the taste and texture. Think about how a raw potato becomes sweet and tender when cooked! Still, different cooking methods do yield different results. Watch the Heat video at TV411.org/science.