HOW

1 Acquire a potato by honorable means.

2 Scrub & stab it. Drizzle it with an oil you find in the kitchen (not the bedroom or garage).

3 Bake at 400° F for an hour. If your topping involves other roasted vegetables, add them during the later part of the baking period. As a guide, tomatoes need about 10 minutes, carrots 20–30 minutes.

4 Split the potato open. Fluff up the insides. Add salt if you must.

5 Pile on a topping of your choosing. Here, it’s ricotta cheese with roasted tomatoes and chopped chives or scallions.

WHY

An easy dinner and a bunch of essential nutrients.

Out of 38 foods tested by researchers, the most hunger-suppressing food was a potato.

For an easy guide to nutrition essentials, see Student Health 101, December 2016.

Source: European Journal of Clinical Nutrition, 1995