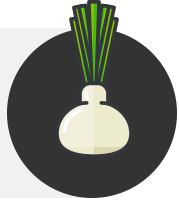


Healthy Potato Toppings



Olive oil and herbs

Fresh herbs and broth along with a little olive oil make a fast and delicious potato topping. Keep your broth low in sodium.



Steamed veggies

Why not make a baked potato bar at your next dinner? Include all the heart healthy fixings like Greek yogurt and olive oil and then add some steamed veggies.



Greek yogurt

Nonfat plain Greek yogurt tastes just like sour cream.



Nuts, pomegranate, pepper

Here is a Latin inspired dish using a sweet potato - it is topped with olive oil, red pepper flakes, toasted almonds, and pomegranate arils.