

Gluten-Free Baked Potato Bar

This is a fun and customizable meal! You can create different serving amounts and adjust the toppings to your liking.

Ingredients:

- **Potatoes:**

- 1 large Russet potato per person
- Olive oil
- Salt

Toppings:

- **Protein:**

- Shredded chicken or pulled pork
- Grilled shrimp
- Cooked bacon bits (ensure gluten-free)
- Black beans
- Refried beans (check for gluten-free)

- **Veggies:**

- Chopped green onions or chives
- Diced tomatoes
- Sliced black olives
- Chopped jalapeños
- Steamed broccoli
- Sautéed mushrooms
- Diced avocado
- Salsa
- Guacamole

- **Dairy:**

- Shredded cheddar cheese
- Sour cream
- Plain Greek yogurt
- Butter (salted or unsalted)

Directions:

Step 1 – Bake Potatoes

Oven Option:

- Preheat oven to 400°F (200°C).
- Wash potatoes well.
- Pierce each potato with a fork a few times.
- Rub with olive oil and sprinkle with salt.
- Bake for 45-60 minutes, or until tender when pierced with a fork.

Slow Cooker Option: Arrange the potatoes in the slow cooker. They should fit snugly but not be overcrowded.

- **Cook low:** Cook on low for 6 – 8 hours.
- **Cook high:** Cook on high for 4 – 5 hours.

Step 2

Prepare toppings: Chop and prepare all your toppings.

Step 3

Assemble: Cut a slit in each baked potato. Top with your favorite toppings.

Read Labels Carefully

Always double-check ingredient lists on all packaged toppings (like bacon bits, beans, and sauces) to ensure they are gluten-free.

This is just a starting point – get creative and let your family choose their own delicious combinations!