

Time: 40 minutes  
Materials: oven and cookie sheet

## 1 Ingredients

*Makes 2 servings*

- 1 large Russet potato, scrubbed and clean
- 1 Tbsp. extra virgin olive oil
- 1/2 tsp. sea salt

## 2 Recipe

1. Pre-heat oven to 400° F.
2. Cut the potato in half horizontally.
3. Rub olive oil and salt all over the skin.
4. Stand the potato halves on the cookie sheet and place in the oven for 40-45 minutes.