

Baked Potato Dinner

Dr. Christopher loved “Baked Potato Dinners”. Below are the instructions to help you enjoy your own Baked Potato Dinner.

Make a salad on top of your baked potato with the ingredients below:

Chopped onions and chopped garlic in olive oil. Depending on how much you desire to make, chop enough onions and garlic to fill a pint jar or a quart jar ½ way full. Fill the remainder of the jar to the top with olive oil. Let soak for 2 hours to 24 hours, depending on how strong you want the oil to taste. Once this is to your desired strength, it’s ready to use. Dr. Christopher would scoop out the onion/garlic mixture along with the oil and place it all on his baked potatoes.

Chopped romaine and other greens

Sprouts

Avocados

Tomatoes

Chopped peppers

Drizzle with your favorite salad dressing

Enjoy!