 

# **Performance Stuffed Potato Bowl- Dairy Free, High Fiber, Vegetarian**

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**Description:** A performance stuffed potato bowl is the perfect way to fuel up pre or post workout. Fill a meal prepped baked potato with fresh fresh kale, strawberries, chickpeas and an egg for a quick 5 minute meal. Packed with energy, vitamins, and carbs.

**Recipe by:** Looneyforfood (Patrick Looney)

**Website Link:** <http://www.looneyforfood.com/performance-stuffed-potatoes/>

**Prep Time:** 5 minutes

**Cook Time:** 1 minute

**Ready Time:** 6 minutes

**Potato Type:** Russet

**Serves:** 1

**Prep Method:** Microwave

**Course:** Main

**Ingredients**

* 173 grams (1 medium) russet potato, baked
* 21 grams (1 cup) Kale and Spinach blend, chopped
* 67 grams (1/3 cup) chickpeas, rinsed and drained
* 13 grams (2 Tablespoons) avocado, chopped
* 147 grams (1 cup) strawberries, chopped
* 1 egg cooked however you like

**Preparation**

1. Reheat baked potato for 30 seconds in the microwave.
2. Remove and slice vertically in half, then horizontally in half again.
3. Press the back of fork directly down into potato to "smash" it!
4. Season potato with salt and pepper if desired. Top with Kale and spinach blend.
5. Top with remaining ingredients and enjoy.

**Notes**

additional nutrition: Potassium: 1,055 milligrams Vitamin C: 204 milligrams  
  
Make this your own: Top it a million different ways by changing the protein, beans, fruit or veggies, etc.

**Nutrition Information**

Serving size: 1 potato

Calories: 375 Fat: 7 Saturated fat: 2 Unsaturated fat: 4Carbohydrates: 62 Sugar: 7 Sodium: 280 Fiber: 10 Protein: 15 Cholesterol: 186