**Veggie Stuffed Potatoes**

**A plate of food with broccoli

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**Description:** Crunchy carrots, sautéed onions and tangy feta cheese contrast beautifully in these stuffed baked potatoes.

**Servings:** 4

**Preparation Time:** 20 minutes

**Cooking Time:** 60 minutes

**Total Time:** 80 minutes

**Potato Type:** Russet

**Course:** Dinner

**Ingredients**

* 4 russet potatoes
* Salt and black pepper, to taste
* 1/2 cup broccoli
* 1/2 cup carrots
* 1/2 cup green beans
* 1 tablespoon canola oil
* 1 small onion, chopped
* 1 clove garlic, minced
* 1/2 cup feta cheese
* 1/4 cup parsley, chopped for garnish

**Preparation**

1. Preheat an oven to 450° F.
2. Prick the potatoes several times with a fork. Place the potatoes on the baking sheet and sprinkle with a little salt.
3. Place the potatoes in the oven for 45 minutes-1 hour, or until the potatoes are tender. Set aside to cool.
4. Bring a large pot of salted water to a boil over high heat. Peel the carrots and cut them bite size. Cut the broccoli into bite sized florets and set aside with the carrots.
5. Snap the ends off of the green beans and set aside with the other veggies.
6. Add the vegetables to the boiling water and cook for about 3 minutes, or until their color brightens, but still maintain their crunch. Remove with a slotted spoon, transfer to a bowl and set aside.
7. When the potatoes have cooled, slice them open.
8. Crumble the feta cheese between the 4 potatoes.
9. Place the canola oil in a frying pan over medium high heat. Add the onion and sauté for about 3-5 minutes, or until it starts to color. Add the garlic and sauté 1-2 minutes more, or until the garlic becomes fragrant. Transfer to the bowl with the vegetables.
10. Divide the broccoli, carrots, green beans, onions and garlic between the 4 potatoes. Serve 1 veggie stuffed potato per person, sprinkle each with chopped parsley and enjoy!