**Green Veggie Twice Baked Potatoes**

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**Description:** Stuffed potatoes with spinach and peas to green up a creamy, protein-rich cottage cheese filling. Topped with a little Irish white cheddar and chives and baked until bubbling and gooey – a hearty side-dish or even a meal!

**Servings/portion size:** 4 servings.

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Total Time:** 20 minutes

**Potato Type:** 2 large Russet Potatoes, approximately 1/2 lb. each

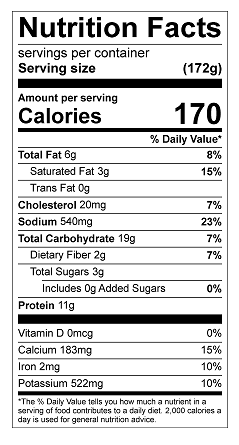
**Course:** Lunch, Dinner, Side Dish

**Ingredients**

* 2 large Russet potatoes (240g or ½ lb. each), fully cooked (Steps below)
* 3 cups (90g) fresh spinach
* ½ (67g) cup frozen peas, thawed
* 2 tablespoons (30ml) water
* ¾ cup (180ml) 2% cottage cheese
* ½ tsp. (~1g) garlic salt
* 2-oz. (59g) shredded white Irish cheddar cheese
* 2 Tbsp. (~1g) finely chopped chives or green onion tops

**Preparation**

1. To cook the baked potatoes: adjust the rack to the center of the oven. Preheat the oven to 450 °F.
2. Rinse the potatoes under cold water and gently scrub the outside of the potatoes with a vegetable brush to remove any excess dirt. Dry the potatoes and pierce lightly with a paring knife about 6-8 times.  This will allow steam to escape the potato as its baking.
3. Dissolve 2 tablespoons of salt in a ½ cup of warm water in a large bowl. Place the potatoes in the bowl and rub the outside of the potatoes until they are evenly coated.  Transfer the potatoes to a wire rack that is set inside the baking sheet.  Place the potatoes in the oven and bake for 45 minutes – 55 minutes, or until the center of the largest potato reaches 205 °F.
4. Preheat oven to 425 °F.
5. Cut cooked baked potatoes in half lengthwise and use spoon to scoop out most of flesh, leaving just a bit around skin to create an oval “bowl.” Reserve scooped out potato for later.
6. Add spinach, peas and water to bowl and microwave for 90 seconds or until wilted and cooked through.
7. Add cottage cheese to blender along with reserved potato flesh. Add steamed spinach/pea mixture and garlic salt. Blend for 1 minute or until smooth.
8. Spoon green mixture into potato skins, piling up as high as will allow without overflowing.
9. Sprinkle with cheddar cheese and chives, bake for 15 minutes or until cheese bubbling and lightly browning.



Vitamin C: 22 mg