

TWICE BAKED POTATOES WITH BROCCOLI AND CHEESE

PREP TIME: 5 mins
COOK TIME: 25 mins
TOTAL TIME: 30 mins
YIELD: 8 **SERVINGS**



These twice baked potatoes are so cheesy, stuffed with broccoli and cheese plus some hidden cauliflower, but trust me no one will know!

KITCHEN GEAR

- Medium Sauce pan
- Baking Sheet
- Slotted Spoon, Fork, Kitchen Knife- Adult needed
- Chopping board
- Large Bowl
- Potato masher or hand blender
- Measuring Cups
- Liquid Measuring Cup

INGREDIENTS

- 4 medium russet potatoes
- salt and pepper, to taste
- 1 1/2 cups broccoli florets (can use frozen)
- 2 cups chopped cauliflower (can use frozen)
- 1/2 cup low fat milk
- 1 cup 4 ounces shredded cheddar cheese

INSTRUCTIONS

1. Pierce the potatoes several times with a fork.
2. Place in the microwave and use your baked potato setting until the potatoes are cooked through, turning half way. (Or you can bake 1 hour in your oven at 425° F)
3. Meanwhile- wash broccoli and cauliflower, cut off broccoli florets and chop cauliflower
4. In a medium saucepan, combine cauliflower and broccoli with a little salted water and cook, covered for about 3 minutes.
5. Remove the broccoli with a slotted spoon and set aside, continue cooking the cauliflower until soft, about 5 more minutes. Drain and set aside in a large bowl.
6. Preheat the oven to 400°F.
7. Once potatoes are cooled cut in half lengthwise.
8. Scoop the flesh out into the large bowl with the cauliflower, leaving a 1/4" shell.
9. Place the potato shells on a baking sheet.
10. Mash the flesh with a potato masher or puree with a hand blender along with the cauliflower.

Fit Together



HEALTHY HABITS

11. Add the milk and salt, mash until smooth.
12. Fold in half of the shredded cheddar.
13. Spoon the potato/cauliflower mixture back into the shells.
14. Top with the cooked broccoli (I just inserted them in) and remaining cheese on top.
15. Bake for 5-10 minutes, or until heated through and the cheese is melted. (you can also microwave it for a few minutes if you prefer not to use the oven)