

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.



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)