



Country Trust

Where children learn and grow

Food Discovery Twice Baked Potatoes



1 portion

Ingredients

- 1 washed large baking potato
- 50g tinned kidney beans or black beans, rinsed and drained
- 1 fresh tomato
- 1 spring onion
- 2 tablespoons of grated cheese
- 1 tablespoon fresh herbs (eg parsley, chives and coriander) or ½ teaspoon dried herbs
- 1 teaspoon tomato puree or ketchup
- Black pepper
- Sprinkle of paprika (optional)

This recipe is suitable for **vegetarians**.

It is **low in fat, low in salt, cheap to make** (less than 50p a portion) and contains **2 of your 5 a day**. If you eat it with salad or coleslaw you will have another of your five a day!

It contains protein in the form of kidney or black beans and cheese. Potato skins provide fibre.

Cook your potato in the oven or microwave until it is warm and the cheese has melted. Eat it warm or eat it cold for up to two days afterwards. Don't reheat the stuffed potatoes again.

Method

1. Prick the potato all over and bake in the oven for 1 hour 15 minutes, or microwave (follow your microwave's instructions). Allow to cool.
2. Cut the potato in half. Scoop out the potato flesh and place in a mixing bowl.
3. Chop up the tomato into small chunks and add to the bowl.
4. Slice up the spring onion and add to the bowl.
5. Chop the herbs in a cup using scissors and add to the bowl.
6. Add the beans, tomato puree and black pepper and half the cheese and stir it all together.
7. Spoon the potato mixture back into the potato skins and press down.
8. Place on a baking tray, sprinkle with the rest of the cheese and paprika.
9. Bake for 20-30 minutes in the oven at 200°C OR cook in the microwave for 3 minutes on full, or until piping hot.

If you don't have exactly what is in the recipe try these '**Swaps**':

Sweetcorn instead of beans

Cooked broccoli chopped small instead of tomato

Use any kind of cheese! Cream cheese will make the filling more creamy, mozzarella on top will be stringy!

Try peanut butter instead of cheese and mix in a selection of cooked vegetables - this makes the recipe **vegan**.

For more information on how to make your food shopping go further, try looking at the Love Food Hate Waste website:

www.lovefoodhatewaste.org.uk.