

5+ A DAY MUSHROOM STUFFED BAKED POTATOES

Serves: 4 to 6

Preparation: 10 minutes

Cooking: 1 hour & 10 minutes

Ingredients

6 medium potatoes
1 handful of spinach
or silver beet
1 handful, sliced mushrooms
3 broccoli florets, finely
sliced (or any vegetables
you have on hand)
Seasoning of your choice
Splash of milk
100g cheese

Method

- Preheat oven to 200°C
- Wash potatoes & prick with a fork 3 times each
- Bake for about 60 minutes (or until cooked through) straight on the wire rack
- Take potatoes out of the oven & let cool so you can handle them

Filling

- Cut a baked potato in half, scoop out the flesh, place in bowl, add fresh vegetables & mix through with a splash of milk
- Pile back into the potato skins & grate a little cheese over top
- Re-heat in the oven for 10 minutes & serve with a crisp green salad

The
5+ADay
Charitable Trust Est. 2007

Visit www.5aday.co.nz to access all of our recipes, what's in season and nutrition information.

Follow us on social media @5adaynz for fresh inspiration and **great prizes**. Tag us in to your fresh fruit and vegetable photos and use our hashtag #5adaynz



Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.