

# Fuel to go, go, go.

Your guide to providing healthier food and drinks



Recipe from Canteen Cuisine

## Super spuds (stuffed jacket potatoes)

from *School Canteen Handbook*, National Heart Foundation

This recipe is rated as GREEN

Serves 20	10 serves	25 serves	50 serves
20 medium potatoes	10 potatoes	25 potatoes	50 potatoes
Fillings:			
200g reduced fat cheese, cut into triangular slices	100g	250g	500g
1½ cups grated reduced fat cheese	¾ cup / 95g	2 cups / 250g	3¾ cup / 470g
5 slices ham, diced mixed with 1 cup grated reduced fat cheese	2½ cups ½ cup / 60g	6¼ cups 1¼ cups / 155g	12½ cups 2½ cups / 310g
1 cup grated reduced fat cheese mixed with 1 cup coleslaw	½ cup / 60g ½ cup	1¼ cups / 155g 1½ cups	2½ cups / 310g 2½ cups
1 cup chopped leftover meat mixed with 2 Tbsp sweet mustard pickle or chutney	½ cup 1 Tbsp	1¼ cups 2½ Tbsp	2½ cups 5 Tbsp

### Method

#### Microwave

1. Use a *Potato Microwaver* (available online from Western Potatoes [www.feelgoodfood.com.au](http://www.feelgoodfood.com.au) or selected stores).
2. Prick your potato with a fork and place potato in the *Potato Microwaver*.
3. Put the *Potato Microwaver* in the microwave on 'high' for two to three minutes, turn the *Potato Microwaver* over and cook for a further two to three minutes, or until soft.

#### Oven

1. Bake potatoes at 180°C for approximately 1 hour or boil in stockpot until just cooked.
2. Make a slit across the top of each potato.
3. Open by pressing each end of the slit and fill with a spoonful of filling or a slice of reduced fat cheese.
4. Wrap in foil and return to oven or place in pie warmer.

#### Variations

- Chicken, sweet corn and reduced fat cheese
- Chicken and avocado
- Ham, asparagus and reduced fat cheese
- Reduced fat cheese and tomato
- Leftover savoury mince

