

Vegetable Stuffed Baked Potato

This recipe can be made with any vegetables, including ones that are leftover from another meal.

Recipe makes 1 serving

Serving size: approximately 1 cup of vegetables per potato

Calories per serving: 500

Ingredients

1 ½ tablespoons extra virgin olive oil

¼ cup chopped onion (red or white)

½ cup sliced mushrooms (fresh or canned, drained)

½ cup frozen, defrosted pepper slices; or fresh peppers, sliced thin

Optional: Salt and pepper

Directions

Per serving: 1 medium baking potato (about 9 to 10 ounces each)

Clean the potatoes and prick with a fork in several places. Bake at 400°F for about 1 hour. When the potatoes have been in the oven for about 40 minutes, start the following:

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Stir in the onions, mushrooms and peppers; season with salt and pepper. Cook about 8 to 10 minutes or until the vegetables are the desired softness, stirring occasionally.

Slice baked potato and fill with the vegetables.