



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## How do you make an all-in-one meal! STUFF IT!

Photo credit: Courtney Rowland and the Idaho Potato Commission.



Potatoes have gotten a bad reputation through years of low-carb dieting. There are too many myths still keeping them from the dinner table.

The fact is, they are highly nutritious and delicious! **Idaho®** potatoes are certified as heart-healthy by the **American Heart Association**.

Their potassium helps with blood pressure, while other nutrients and vitamins keep the body fueled up! As a fat-free and cholesterol-free food, their dietary fiber helps keep you full long after the meal. Did you know, potatoes are naturally gluten-free? All-in-all, they are a healthy part of a plant-based diet.

Baked potatoes offer a great base for an all-in-one meal. Use your imagination (or a recipe site for inspiration) for ideas on how to stuff all your food groups into a baked potato! The **Idaho Potato Commission** is a great place to start.

This stuffed baked potato serves up vegetables, protein and dairy. Just add some fruit and a whole grain roll on the side and you've got a complete meal.

## Savory Stuffed Idaho® Spuds

### Ingredients:

- 4 large **Idaho®** Potatoes, baked
- 1 1/2 cups fresh broccoli florets
- 1/2 cup sliced fresh mushrooms
- 1/4 cup sliced green onion
- 1/4 cup chopped sweet red pepper
- 1 cup fully-cooked lean turkey or lean ham (optional) diced
- 1/2 cup non-fat plain yogurt
- 1/4 cup skim milk
- 2 tsps. cornstarch
- 1 tsp. Dijon-style mustard
- 2 tsps. grated Parmesan cheese
- Dash of nutmeg



### Directions:

1. In a 1-quart microwave-safe casserole dish, combine broccoli, mushrooms, green onion, red pepper and 2 teaspoons water. Micro-cook, covered, on HIGH for 3 to 5 minutes or until vegetables are tender. Drain well.
2. Add the turkey or ham (if desired). Cook, covered, on HIGH 2 to 3 minutes or until heated through.
3. Stir together yogurt, milk, cornstarch, mustard and nutmeg. Add to broccoli mixture. Cook covered on HIGH 2 to 4 minutes or until mixture is thickened, stirring every 30 seconds.
4. Spoon over hot potatoes. Sprinkle with Parmesan cheese.

*Recipe and photo courtesy of the Idaho Potato Commission.*