



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

# Dietitian's Dish

## Tis' the Season... to Stuff it?!

Summer is a peak time for a wide variety of fruits and vegetables.

Grocery stores, farmer's markets and home gardens are filled with options.

Getting creative with how we use this bounty can be a huge part of the excitement around eating! Instead of cutting veggies and serving them with a calorie-laden dip for a snack, get more adventurous and figure out ways to turn them into a satisfying, plant-based meal.

Take a look at these simple ideas and decide how you will "stuff it!"



Hollow out a peeled cucumber (cut it lengthwise and remove seeds), fill with cottage cheese and top with a dash of black pepper and diced bell or hot pepper.



Cut a pepper in half and remove seeds. Fill with a cooked veggie and rice pilaf or cauliflower "rice" medley.



Clean and remove the mushroom stem. Fill the mushroom cap with a mixture of tomatoes, veggies and cheese.

## Pizza Stuffed Hasselback Baked Potatoes

Recipe and photo courtesy of the Idaho Potato Commission and Kita Roberts (recipe author & blogger).

### Ingredients:

- 4 large russet Idaho® potatoes
- 1/4 green pepper, diced
- 4 Tbsps. butter, sliced paper thin
- 1/4 onion, diced
- 1/2 cup marinara sauce
- 1/2 cup mozzarella cheese
- 1/4 cup mushrooms, sliced
- 2 slices bacon, cooked and crumbled
- 1/4 red pepper, diced

### Directions:

1. Preheat the oven to 450°F.
2. Carefully slice a thin layer off of the bottom of each potato and discard the strip. Place 2 wooden spoons on either side of the potato (these will be your knife guard). Slice the potato at even intervals (about 1/8th of an inch to create a scalloped pattern), not allowing the knife to cut below the spoons.
3. Swirl a bit of olive oil in an oven-safe skillet and arrange the potatoes so they are nestled into the pan. Arrange a paper thin piece of butter into every slice. Let the potatoes bake for about 45 minutes.
4. Carefully remove the potatoes from the oven, to top before finishing off. Spoon a heaping dollop of marinara over each potato from side to side. Arrange the mushrooms, peppers, and diced onions over each, using a spoon to pat down in place so they stay on top. Finally, sprinkle with mozzarella cheese. Finish cooking the potatoes in the oven for another 10-15 minutes.
5. Carefully remove the skillet from the oven and sprinkle the crumbled bacon over top. Wait 5 minutes before serving.

