



BROCCOLI SUPREME STUFFED POTATOES

4 SERVINGS

INGREDIENTS

2 baking potatoes, large

16 oz frozen chopped broccoli

8 oz pasteurized process cheese spread

1 teaspoon Dijon style or prepared mustard

1 cup diced cooked ham, turkey or chicken

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.

Separate: Don't cross-contaminate.

Cook: Cook to the safe internal temperature.

Chill: Refrigerate or freeze promptly.

DIRECTIONS

- ① Start by washing your hands with warm water and soap for at least 20 seconds before and after handling food.
- ② Scrub the potatoes with a vegetable brush while holding under cold running water. Blot dry with a clean cloth towel or paper towel.
- ③ Pierce potatoes with a fork and microwave on high 7-9 minutes or until tender. Turn once halfway through cooking time. Set potatoes aside.
- ④ Prepare broccoli according to package directions. Drain the cooked broccoli. In a microwave-safe bowl, combine broccoli, cheese, mustard and cooked meat. Microwave 1-2 minutes until cheese is melted. Stir to mix.
- ⑤ Cut potatoes in half lengthwise and lightly mash with a fork. Place $\frac{1}{4}$ of the broccoli mixture on each potato half. Serve.
- ⑥ Store leftovers in shallow containers within 2 hours of serving. Leftovers will last in the refrigerator up to 3-4 days.

RECIPE COURTESY OF: **NORPAC**



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food safety at
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