

## Recipe Suggestion for ingredients from the School Food Boxes

### Veggie Loaded Potato Skins



#### Ingredients:

4 Medium Sized Baking Potatoes  
200g Cheddar Cheese  
100g Tinned Sweetcorn  
100g Mixed Peppers (Red/ Green or Yellow)  
½ teaspoon of dried mixed herbs **or** (1 tablespoon of fresh herbs such as oregano, basil, coriander or thyme)  
1 teaspoon of Olive Oil  
Sprinkling of Salt

#### Preparation:

Potatoes - Washed, dried and bad bits cut out  
Cheese - Grated (half to go in the potato mixture and half will be sprinkled on top)  
Sweetcorn - Drained  
Peppers - Evenly diced into 1cm squares  
Fresh Herbs - Chopped into small pieces

#### Method:

- 1 Preheat the oven to Gas 6/ 200°C or fan oven 180°C
- 2 Prepare the potatoes as above. Pour a teaspoon of Olive Oil in the palm of your hand and rub each potato in the oil, place on a baking tray. Wash your hands and then sprinkle a small amount of salt on the skin of each potato.  
  
Pierce each potato with a fork to allow steam to escape during cooking. Place on the middle shelf in the oven and bake for 1 hour to 1 hour 10 minutes until soft in the middle and crispy on the outside.
- 3 Leave the potatoes to cool so that you can handle them without burning yourself, this may take 30 minutes plus.
- 4 To stuff the potatoes cut them in half. Using a spoon carefully scoop out the middle of the potato, leaving the skins unbroken (like a boat) on the baking tray. Place the scooped potato into a mixing bowl.
- 5 Using a fork, mash the potato until there are no lumps and the mixture is smooth. Add half of the grated cheese, sweetcorn and diced peppers and mix well.
- 6 Mix in the herbs (either dried or fresh) and add ¼ teaspoon of salt and pepper to the mixture to season.
- 7 Using a spoon carefully scoop the mixture back into the potato skins. Use all the mixture up to fill the skins; just pile up on each potato skin!

- 8 Sprinkle each loaded potato skin with the extra cheese.
- 9 Using oven gloves, place the baking tray back in the oven to bake for 10 to 15 minutes until golden brown.

You can serve your loaded Potato Skins with a main meal or by themselves as a snack. Salad goes really well with loaded Potato Skins or add Baked Beans on the side for a filling meal.

This dish is very versatile and can be modified to suit everyone's taste, some suggestions include;

- Chicken, Spinach and Garlic Mushroom Filling
- Bonfire Filling – Melted Cheese, Bacon, Kidney Beans, Spring Onions & Smoked Paprika

For the more adventurous cook you could try this recipe using Sweet Potatoes with a Thai theme!

[Thai Sweet Potato Skins - Nicky's Kitchen Sanctuary](#)

I hope you enjoy taking time to make something special with the humble Potato; we look forward to seeing your creations!