

Cooking for Wellness

Sponsored by:





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Red Pepper, Yogurt and Spinach Stuffed Potatoes

Ingredients

- 3 large unpeeled russet potatoes
- 1 cup coarsely grated Monterey Jack cheese
- 2 tbl. butter
- 2 tbl. chopped fresh cilantro
- 1 green onion
- 1 serrano chile
- 1 tbl. sesame seed
- coarse kosher salt
- 2 handfuls of spinach
- Yogurt-spice paste
- 2 garlic cloves, coarsely chopped
- 2 tsp. chopped fresh ginger
- 2 tsp. sweet paprika
- 1 tsp salt
- 1 tsp ground coriander
- 1 tsp. ground cumin
- 1/2 cup plain whole-milk Greek style yogurt
- 4 tsp. vegetable oil
- 2 tsp. fresh lemon juice
- 1/2 cup sesame seeds
- 1 pinch ground cayenne pepper



Instructions

- 1. Position rack in center of oven and preheat to 400 degrees f.
- 2. Place potatoes directly on oven rack and bake until tender when pierced with fork about 1 hour 15 minutes
- 3. Transfer to platter and let stand until cool enough to handle
- 4. Cut potatoes horizontally in hald
- 5. Using spoon scoop out pulp, leaving 1/3 inch thick shell
- 6. Transfer potato pulp to medium bowl and mash, mix in cheese, melted butter, cilantro, green onion, spinach, chile, and sesame seeds
- 7. Season potato mixture generously with salt and pepper
- 8. Divide among potato shells

Yogurt-spice paste

- 9. Combine first 6 ingredients in processor
- 10. Blend until mixture is finely chopped
- 11. Add yogurt, oil, and lemon juice and process until smooth puree forms
- 12. Transfer to small bowl.
- 13. Season to taste with salt and pepper
- 14. Place sesame seeds on small plate
- 15. Place half of yogurt-spice paste in shallow bowl and reserve
- 16. Spread remaining yogurt-spice paste over top of potato filling in each potato half
- 17. Sprinkle with half of sesame seeds
- 18. Dip bottom of each potato half into reserved spice paste, then dip into remixing sesame seeds
- 19. Place potatoes atop foil on grill rack above disposable pan
- 20. Cover and grill potatoes are heated through and bubbled in center
- 21. Cook 25 to 30 minutes