

Vegetable stuffed baked potato

4 servings

4 medium baking potatoes (about 9-10 oz each)

6 Tablespoons extra virgin olive oil *

1 medium onion(red or white) chopped

2 cups spinach, chopped, frozen, defrosted

Salt, pepper

Clean the potatoes and prick with a fork in several places. Bake at 400F for about 1 hour. When the potatoes have been in the oven for about 40 minutes, start the following:

1. heat the olive oil on medium.
2. Stir in the onions. Season with salt and pepper. Cook about 5 minutes or until they are soft. Add the spinach. Heat on low until the potatoes are cooked.

Slice baked potato and fill with the vegetables.

The recipe can be made with any vegetables you like or those you have leftover from other meals.

Approximate cost for the recipe:\$2.89 or \$0.72 per serving