



# Broccoli Supreme Stuffed Potatoes

Makes 4 Servings

*This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org)*

## 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**

## Directions

1. Wash hands with soap and water.
2. Scrub the potatoes with a clean vegetable brush under running water.
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 ¼ of the broccoli mixture on each potato half. Serve.

Get more recipes at [www.fightbac.org/saferecipes](http://www.fightbac.org/saferecipes)

