



# BROCCOLI SUPREME STUFFED POTATOES

4 SERVINGS

## INGREDIENTS

2 ea 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.

RECIPE COURTESY OF: NORPAC



Learn more about food safety  
 at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

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