



CHICKEN AND BROCCOLI POTATO SKINS

SERVES 6-8

Ingredients:

12 oz. chicken, diced, cooked
4 oz. cheddar cheese
8 oz. mozzarella cheese
1/2 lb. broccoli florets, defrosted
1/8 cup butter, melted
Salt and pepper, to taste
4 potatoes



Instructions:

1. Preheat oven to 375 degrees.
2. Clean all dirt from the potatoes and poke several holes in each potato with a fork.
3. Wrap each potato with paper towel and microwave them together on high for 14-15 minutes, flipping potatoes every 4 minutes. (Use an oven mitt when handling—potatoes will be very hot!) Remove and let cool.
4. Mix chicken, mozzarella cheese, and broccoli in bowl.
5. Cut potatoes in half, scooping out a spoonful of potato to make room for chicken mixture.
6. Lay out potato skins on baking tray, skin side down. Brush melted butter on top. Season lightly with salt and pepper.
7. Spoon chicken and broccoli mixture into each potato evenly.
8. Sprinkle a small amount of cheddar cheese on top.
9. Bake for 5-10 minutes until cheese is melted and golden brown.

GROW FIT[®]
RECIPE CARD

COMPLIMENTS OF LEARNING CARE GROUP.