

Baked, Stuffed Potatoes with Feta Cheese and Spinach

Ronnie Fein - The Connecticut Post
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Servings: 4

4 Russet potatoes, thoroughly scrubbed
2 tablespoons butter
2 tablespoons olive oil
1 large clove garlic, finely chopped
1 bunch fresh spinach, rinsed and dried
8 ounces feta cheese, crumbled
1 1/2 tablespoons chopped fresh dill OR 1 teaspoon dried oregano
4 to 5 tablespoons milk
salt (to taste)
ground black pepper (to taste)

Place an oven rack in the center of the oven. Preheat the oven to 400 degrees.

Prick the potatoes with the tip of a sharp knife. Place the potatoes in the hot oven

Bake for about 1 hour or until the knife can easily pierce through the potato.

When the potatoes are cooked and cool enough to handle, slice them in half lengthwise and scoop the flesh into a bowl.

Set the oven temperature to 375 degrees.

Heat the olive oil in a saute' pan over medium heat. Add the garlic and spinach and cook for 2 to 3 minutes until the spinach has wilted. Press the spinach to discard as much liquid as possible.

Chop the spinach and add to the potatoes.

Add the feta cheese and dill and mix the ingredients gently to distribute them evenly.

Mix in enough of the milk to achieve a moist and tender consistency.

Season to taste with salt and pepper.

Spoon the mixture back inside the potato skins, dividing equally.

Place the filled potato skins on a cookie sheet.

Bake for about 15 minutes or until hot and the skins are crispy.

Per Serving (excluding unknown items): 472 Calories; 33g Fat (61.8% calories from fat); 18g Protein; 28g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 821mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 5 1/2 Fat.