

Spinach & Mushroom Loaded Potatoes

Southern Living Test Kitchen

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Servings: 6

3 large baking potatoes
2 teaspoons vegetable oil
2 teaspoons Kosher salt
2 tablespoons vegetable oil
1 package (8 ounces) baby portobello mushrooms, sliced
2 cloves garlic, minced
1 package (6 ounces) fresh baby spinach
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup toasted pine nuts
1/2 cup reduced-fat feta cheese, crumbled
2 tablespoons bottled balsamic glaze

Preheat the oven to 400 degrees.

Drizzle the potatoes with vegetable oil. Rub with the Kosher salt. Place the potatoes on a 15x10-inch jelly roll pan. Pierce the potatoes several times with a fork.

Bake for one hour or until tender. Cut the potatoes in half lengthwise.

In a large skillet, heat the vegetable oil over medium heat. Cook the mushrooms, garlic, spinach, salt and pepper for 5 minutes, stirring often.

Stir in the pine nuts, feta cheese and balsamic glaze.

Spoon over the potatoes and serve.

Per Serving (excluding unknown items): 128 Calories; 6g Fat (42.3% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 721mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1 Fat.