



## **Roasted Vegetable Potato Skins (With Garlic Mashed Potatoes Side Dish)**

**From the kitchen of B.J. Thompson**

**Note\*\* Time saving tip: You can cook the baked potatoes and prep your vegetables the day before.**

- 4 lg Russet potatoes
- 1 large carrot
- 1 small sweet potato
- 1 large white turnip
- 1 227g package whole cremini mushrooms
- 1 C frozen broccoli pieces approximately all the same size
- 2T Sesame Thai salad dressing
- ¼ C milk
- ¼ C butter
- 1 T garlic, minced
- ¼ C chives, finely chopped
- olive oil
- salt & pepper

### **Step One: Prepare your potato skins**

1. Bake the potatoes and let them cool for one hour. (I have attached my previous recipe “Baked Potatoes 101” if you would like some guidance on how to cook the perfect baked potato.)
1. Cut each potato in half lengthwise. Scoop out the flesh leaving enough to keep the potato skins firm enough to handle. Place the flesh in a medium mixing bowl.
2. Brush the inside of each potato skin with olive oil. Season with salt and pepper. Bake at 425°F for 8-10 minutes until the skins are crispy.

### **Step Two: Prepare your vegetables**

1. Preheat the oven to 425°F.
2. Get two baking sheets ready. Do not grease the sheets.



3. Peel the carrot, sweet potato and turnip. Dice into ½” cubes and place in a medium bowl. (The yield should be about 3C.) Add 1T olive oil and stir until all the vegetables are lightly coated. Spread evenly over the first baking sheet so no vegetables are overlapping.
4. Wash & dry the cremini mushrooms. Cut the large mushrooms into quarters, and cut the small mushrooms in half. (Try to get them as uniformly sized as possible.) Place them in a medium bowl and add ½ T olive oil. Stir until the mushrooms are lightly coated. Spread over ½ of the second baking sheet.
5. Put the frozen broccoli pieces into a medium bowl. Add ½ T olive oil and stir until the broccoli is lightly coated. Add to the other half of the baking sheet with the mushrooms. (Make sure you leave at least 1” between the broccoli pieces. As the water evaporates they will roast perfectly with lots of space between them.)
6. Roast the vegetables for 10 minutes. Stir the diced vegetables and flip the mushrooms and the broccoli. Roast for another 5 minutes or until they are fork tender. (The broccoli will probably take an additional 5 minutes.)
7. Put all the vegetables in a medium mixing bowl. Add 2T Sesame Thai salad dressing and mix until the vegetables are evenly coated.

### **Step Three: Assemble your potato skins**

1. Heap each potato skin with the roasted vegetables.

### **Step Four: Prepare your side dish (Garlic Mashed Potatoes)**

1. Mash the potato flesh with a masher or ricer. Add the milk and stir.
2. Melt the butter in the microwave. Add the minced garlic and stir well. Add to the potato flesh. Mix thoroughly.
3. Garnish with chives and serve.



# Baked Potatoes 101

## From the kitchen of B.J. Thompson

**Note\*\*** There is simply no other choice than a Russet for your baked potato. And nothing is simpler than cooking a baked potato!

4 large Russet potatoes, uniform size

1. Preheat oven to 400°F.
2. Wash and dry the potatoes. Pierce each potato at least three times with a fork. Wrap in tin foil (shiny side in.) Place directly on oven rack. Bake for 1 to 1 ¼ hour.
3. Add butter and sour cream as desired. Garnish with green onions or chives.

## Kick It Up with Homemade Italian Herbed Butter

Start with ½ cup of butter softened to room temperature. Using a hand mixer, blend the butter for 2 minutes or until it appears to be whipped and creamy. Add 1½ t oregano leaves, 1½ t basil leaves, 1½ t parsley flakes, ¾ t onion powder and ¾ t garlic powder. Blend for at least 2 more minutes with hand mixer. Refrigerate. This butter should be made several hours in advance, or even made the day before you are planning on using it.

## Dress It Up with Broccoli & Cheese Sauce

1. Chop enough broccoli to equal approximately 3 cups. Place in a microwave safe bowl. Add ½" water and microwave on high for about 4 minutes or until the broccoli is just softened. Drain excess water and set aside.
2. Gently melt 2 T margarine in a saucepan until it is liquefied. Add 2 T flour and whisk briskly until it is blended. Gradually add 1 C milk and whisk until smooth. Slowly bring to a boil, stirring often. Continue to cook at a slow boil until the sauce is thickened, stirring often. Add 1 C sharp cheddar cheese and stir until the cheese has completely melted.
3. Add ¾ C of the cooked broccoli. Pour sauce over the baked potatoes and garnish with the extra broccoli pieces.