

LighterLife Management

Week 5 Recipes:

Feta and mushroom jacket

Red grapes and tangy feta add a twist to the classic baked-potato lunch.

Serves: 1

Nutrition per serving:

301 kcal, 11g protein, 52g carbs, 7g fat, 5g fibre

Ingredients:

- 1 small baking potato (approx 200g)
- 80g mushrooms, sliced
- 1 tbsp skimmed milk
- 1 spring onion, finely chopped
- 30g feta, grated
- Freshly ground black pepper
- 80g grapes

Method:

1. Scrub the potato and prick all round with a fork.
2. To cook, either bake at 200°C, gas 6 for about 1 hour, or wrap in 2 sheets of kitchen towel and microwave on high for 7-10 mins (the paper absorbs the moisture so you get a more crispy jacket). It's done when it gives slightly when gently pressed.
3. Meanwhile, dry-fry the mushrooms in a non-stick pan over a medium heat.
4. Cut a cross in the top of the potato and push upwards around it to loosen the flesh – this makes it easier to scoop out. Mash the flesh with in a bowl with the milk, stir in the mushrooms, spring onion and cheese, and season with pepper.
5. Fill the potato skin with the cheesy mixture, and pop under a preheated hot grill until the cheese is melting and bubbling, then serve topped with some of the grapes, halved, and the rest on the side.

Tips:

- Try with different flavours of cheese – blue cheese, Lancashire or mozzarella all work well.