

# LighterLife spinach-stuffed jacket potato

**Serves: 2**

Nutrition per serving:  
92 kcals per serving  
6g protein  
13g carbs  
2g fat



## Ingredients:

- Baking potatoes, e.g. Desirée, King Edward or Maris Piper x 2 medium
- Garlic x 1 clove, crushed
- Fresh baby spinach leaves x 1 bag
- Large carrot x 1, grated
- Low-fat quark or fromage frais x 3 tbsp
- Parmesan cheese x 2 tsps, grated
- Black pepper freshly ground

## Method:

1. Preheat the oven to 200°C, gas mark 6.
2. Prick the skin of each potato and then bake in the preheated oven for about 45 minutes, until soft and cooked.
3. Alternatively, microwave each potato on high for approximately eight to ten minutes, until soft.
4. Meanwhile, put the garlic and two tablespoons water in a saucepan and heat gently for two minutes. Add the spinach and cook for two more minutes, until it turns bright green and wilts. Drain well in a colander, pressing down with a saucer to squeeze out any excess moisture.
5. Chop the spinach and mix in a bowl with the grated carrot, quark or fromage frais and one teaspoon grated Parmesan cheese.
6. Split the cooked potatoes in half and scoop out some of the cooked flesh, leaving a little around the edge. Stir the cooked potato into the spinach mixture and season to taste with black pepper.
7. Fill the potato shells with the spinach mixture, sprinkle with the remaining parmesan and pop back into the hot oven for five minutes to warm through.
8. Alternatively, microwave on high for one minute.
9. Serve immediately with salad and broad beans or green vegetables.
10. Enjoy!