

CHILLI CORN AND CHIVE BAKED POTATOES

Preparation time: 15 minutes

Cooking Time: 90 minutes

Serves: 4



Ingredients

- 4 large Sebago potatoes
- 2 tablespoons low fat or Sanitarium So Good Lite soy milk
- 30g margarine
- 1 garlic clove, crushed
- 1 birds eye chilli, finely chopped
- 1 tablespoon chopped parsley
- 2 tablespoons sweet chilli sauce
- 1 medium egg, lightly beaten
- 300g can corn kernels
- 1 bunch chives, finely sliced
- 1/2 cup low fat tasty cheese
- 2 tablespoons pine nuts (optional)

Nutritional Information:

- Kilojoules 1440 kJ
- Calories 340 cal
- Protein 13 g
- Total fat 14 g
- Carbohydrate 38 g
- Sodium 605 mg
- Potassium 1010 mg
- Calcium 171 mg
- Iron 3.7 mg
- Fibre 5 g

Method

1. Pre-heat oven to 200°C. Wash and scrub potatoes, pat dry with paper towel. Pierce potatoes all over with a fork and place straight on a rack on an oven tray.
2. Bake for 1 hour or until tender. Remove potatoes from oven and set aside to cool to touch. Cut lid off the top and discard. Scoop flesh into a bowl. Place potato shells, cut side up in a roasting pan.
3. Mash potato flesh with a masher. Add milk, margarine, garlic, chilli, parsley, sweet chilli sauce and egg. Season and stir until smooth. Stir in corn, chives and cheese.
4. Spoon into potato shells (it will overflow slightly, and you will have a little leftover). Sprinkle each with pine nuts.
5. Bake 25-30 minutes or until puffed and golden. Serve with salad or green vegetables.