



## The Kitchen at Second Harvest Loaded Mashed Potato Stuffed Veggies try at home recipe

*Recipe modified from Eating Well*

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### Ingredients

- 32 large cremini mushrooms, stemmed (about 1 1/2 lb.) **or** 16 bell peppers (any color)
- 1 1/2 cups shredded sharp Cheddar cheese, divided
- 1 cup leftover mashed potatoes
- 2 tablespoons sour cream plus 1/4 cup, divided
- 1/4 cup thinly sliced scallions, plus more for garnish
- 1/8 teaspoon salt

### Directions

1. Preheat oven to 375°F. Carefully carve out any remaining mushroom stems or pepper seeds with a spoon or paring knife to leave a clean cavity. Place vegetables, stem-sides down, on lined baking sheet. Bake until they have released most of their moisture, about 20 minutes.
2. Meanwhile, stir 1 cup Cheddar, mashed potatoes, 2 tablespoons sour cream, scallions, and salt together in a medium bowl.
3. Pat the vegetables dry. Spoon 1 tablespoon potato mixture into each mushroom; place on a parchment-lined large rimmed baking sheet. Sprinkle the mushrooms with the remaining 1/2 cup Cheddar.
4. Bake until vegetables are tender and cheese is melted, 15 to 20 minutes. Dollop with the remaining 1/4 cup sour cream; sprinkle with the remaining bacon. Garnish with more scallions, if desired. Serve warm.



**Yield: 16 servings**

**Serving Size: 2 stuffed veggies**

Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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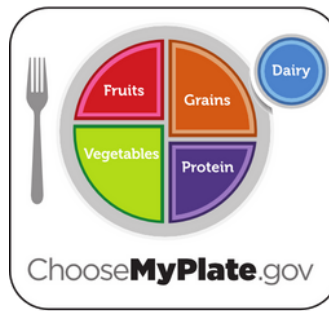


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

## Cooking Tips

- Add bacon or leftover turkey for extra protein.

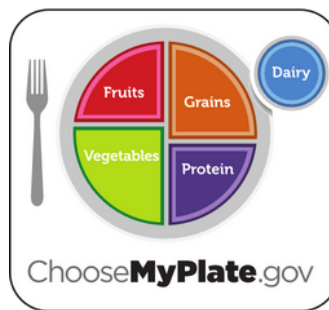
**Second Harvest is an equal opportunity provider.**



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## Nutrition Facts

Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>2 pieces</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.8g	<b>14%</b>
Trans Fat 0.2g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0.2mcg	<b>0%</b>
Calcium 104mg	<b>8%</b>
Iron 0.9mg	<b>4%</b>
Potassium 517mg	<b>10%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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