



early childhood community development centre

Potatoes with Cheese and Egg Filling

Ingredients - Serves 4

For Topping

- 4 medium baking potatoes
- 1 tbsp butter or margarine
- Pinch paprika
- Pinch salt
- Pinch freshly ground black pepper
- 2 slices processed cheese, halved
- 4 eggs

Directions

1. Preheat Oven: 350° F (180° C)
2. Bake potatoes in preheated oven for 45 minutes or until tender. When cool enough to handle, use a sharp knife to cut a slice from the end of each potato. Using a spoon, scoop out most of cooked potato into a bowl. Set shells aside. Mash potato in bowl with butter, paprika, salt and pepper
3. Place one half cheese slice in potato shell. Add 1 egg and one – quarter mashed potato mixture.
4. Repeat with remaining potato shells
5. Bake for 15 minutes or until egg is cooked and potato is heated through

Source: Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

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