

Breakfast Twice Baked Potato

School Operator Recipe

School District: South Windsor Public Schools
Operator: Chef Erica DeHay



Ingredients	Servings 2		Directions
	Weight	Measure	
Potatoes	2 potatoes		<ol style="list-style-type: none">1. Bake of potatoes and cool. Cut a canoe shape and scoop out the insides of the potato into a bowl, leaving enough to hold the canoe shape up.2. Sauté the onions and peppers to soften. Allow to cool.3. Whisk egg with black pepper, garlic and granulated onion. Fully incorporate the eggs with the cooled potato insides.4. Add the potato and egg mixture to the veggies and stir in the diced ham and cheese to incorporate.5. Spoon mixture back into potato skin canoes.6. Bake at 350F until internal temperature reaches 165F
Eggs, beaten		1 cup	
Garlic, granulated		½ teaspoon	
Black pepper, ground		½ teaspoon	
Onion, granulated		½ teaspoon	
Cheddar cheese, shredded		1/3 cup	
Red onion, diced		1/3 cup	
Red and green peppers, dice		1/3 cup	
Ham, diced		2 ounces	

Operator Notes:

The idea came to me to find away to utilize left over baked potatoes. Plus it is gluten free and the cheese could be omitted if you wanted to make it dairy free. This is a hearty breakfast item that would fill up a student athlete. Item could be prepped the day ahead and assembled quickly for breakfast the next morning.

Times

Prep Time: 45 min

Cook Time: 15-20min

Ready Time: 1 hr. 15min