



Corn and bacon stuffed potatoes

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Serve these at your next party and you'll be a hit! They're so tasty, and easy to prepare.

Ingredients:

6 large potatoes, similar sized	2 spring onions, sliced
1 tsp oil	100g Edam cheese, grated
1 onion, diced	Iodised salt and pepper to taste
100g lean bacon, sliced (optional)	Paprika
410g creamed corn, tinned	

Directions:

Preheat the oven on bake at 180°C.

Prick the potatoes all over with a fork and place in microwave. Cook on high for 5 minutes. Check to see if the potatoes are soft. If the potatoes are still hard, turn them over and cook for a further 3 minutes. Repeat if the potatoes are still firm. (Cooking time will vary depending on the microwave.) Once cooked, remove the potatoes and allow to stand for ten minutes.

Cut the potatoes in half lengthways. Scoop out the flesh leaving a thin layer still on the potato skins. Put this flesh in a large bowl and mash.

Brown the onion and bacon in a fry pan and place in the bowl with the mashed potato. Add the creamed corn, spring onions and salt and pepper and mix well. Fill the potato skins with the mixture. Cover with grated cheese and then sprinkle lightly with paprika. Bake for ten minutes, or until the cheese is golden and the potatoes are warmed right through.

Serve hot on their own or with a salad for a light lunch.

Cook's tip:

Keep some tinned fruit and vegetables available in your pantry to add to your next meal. They are a great way of making a quick and easy meal.