

Roast Beef Sandwiches & Twice-Baked Potatoes

Servings: 2

Adapted from All You January 2012

Ingredients

Roast beef
2 whole wheat sandwich rolls
1/2 tablespoon olive oil
2 russet potatoes
1/2 cup sliced mushrooms
2 green onions, thinly sliced
1/2 box frozen spinach, defrosted and squeezed dry
1 teaspoon Dijon mustard
1/4 cup low fat sour cream
1/4 cup shredded low-fat mozzarella cheese
Pepper

Preparation

- 1) Preheat oven to 400 degrees. Wash and dry potatoes. With a fork or sharp knife, pierce each potato 2 or 3 times. Place potatoes in a circle on a paper towel, leaving a 1-inch space between each potato. Cook on HIGH in microwave for 15 to 20 minutes or until tender when pierced with a fork, turning once during cooking.
- 2) Warm oil in a skillet over medium heat. Add mushrooms; sauté until soft and golden, about 6 minutes. Add green onions; sauté for 1 minute. Remove from heat.
- 3) Carefully slice top inch off potatoes. Scoop out flesh, leaving 1/4 inch border. Transfer flesh to a bowl and mash. Add mushroom mixture, spinach, mustard, sour cream, and 1/4 cup shredded mozzarella. Season with pepper.
- 4) Divide mixture among the potato shells. Sprinkle each with 1/2 tablespoon cheese. Place on baking sheet and bake until heated through and golden brown on top, about 25-30 minutes.