

Savoury Jacket Potatoes

Serves 4

Ingredients: -

4 - large cooked, hot Jacket potatoes

90ml/6 tbsp - skimmed milk

45ml/3 tbsp - low calorie mayonnaise or low fat live yoghurt

15ml/1 tbsp - chopped chives

2.5ml/½ tsp - paprika

1.25ml/¼ tsp - ground black pepper

225g/8oz - skinned cooked chicken, cut into small pieces

1 - stick celery, thinly sliced

Slices of tomato for garnish

Method: -

Cut the cooked potatoes in half lengthways, scoop out the flesh, leaving the skin intact.

Mash the potato with the milk, mayonnaise, chives, paprika and pepper.

Stir in the chicken and celery.

Spoon back into the potato skins and cook until golden brown.

Cooking time: approx 15/20 minutes.

Serve with salad.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.
