





Cheese-Stuffed Potatoes with Yogurt-Spice Paste and Sesame Seed Crust

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted ()
- 6 servings kosher salt
- 2 tablespoons cilantro leaves fresh chopped
- 2 teaspoons ginger fresh peeled chopped
- 2 garlic clove coarsely chopped
- 1 spring onion finely chopped
- 1 teaspoon ground coriander

- 0.5 teaspoon ground cumin
- 2 teaspoons juice of lemon fresh
- 3 large baking potatoes unpeeled scrubbed (each 16 ounces)
- 1 teaspoon salt
- 1 serrano chiles minced seeded
- 2.6 ounces sesame seed
- 0.5 cup greek yogurt plain greek-style
- 2 teaspoons paprika sweet hot
- 4 teaspoons vegetable oil

Equipment

- frying pan
- oven
- sieve
- baking pan
- grill
- aluminum foil
- cheesecloth

Directions

- Position rack in center of oven and preheat to 400°F.
- Place potatoes directly on oven rack and bake until tender when pierced with fork, about 1 hour 15 minutes.
- Transfer to platter and let stand until cool enough to handle. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Cut potatoes horizontally in half. Using spoon, scoop out pulp, leaving 1/3-inch-thick shell.
- Transfer potato pulp to medium bowl and mash; mix in cheese, melted butter, cilantro, green onion, chile, and sesame seeds. Season potato mixture generously with salt and pepper; divide among potato shells. DO AHEAD: Can be made 6 hours ahead. Cover and chill.

- Combine first 6 ingredients in processor. Using on/off turns, blend until mixture is finely chopped.
- Add yogurt, oil, and lemon juice and process until smooth puree forms.
- Transfer to small bowl. Season to taste with salt and pepper. **DO AHEAD:** Can be made 6 hours ahead. Cover and refrigerate.
- Remove top rack from grill.
- Place disposable aluminum baking pan in center of bottom rack (if using 2-burner gas grill, place pan on 1 side of burner).
- Add enough water to pan to reach depth of 1 inch.
- Prepare barbecue (medium heat). If using charcoal grill, light briquettes in chimney and pour half onto rack on each side of disposable pan. If using 3-burner gas grill, light burners on left and right, leaving center burner off. If using 2-burner gas grill, light burner on side opposite disposable pan. Return top rack to grill.
- Place sheet of foil on grill rack above unlit burner; brush with vegetable oil.
- Place sesame seeds on small plate.
- Place half of yogurt-spice paste in shallow bowl and reserve.
- Spread remaining yogurt-spice paste over top of potato filling in each potato half.
- Sprinkle with half of sesame seeds. Dip bottom of each potato half into reserved spice paste, then dip into remaining sesame seeds.
- Place potatoes atop foil on grill rack above disposable pan. Cover barbecue and grill until potatoes are heated through and bubbling in center, 25 to 30 minutes.
- Transfer potatoes to platter and serve.
- * A thick yogurt; sold at some supermarkets and at specialty foods stores (such as Trader Joe's and Whole Foods markets) and Greek markets. If unavailable, place regular yogurt in cheesecloth-lined strainer set over large bowl. Cover and chill overnight to drain.

Nutrition Facts

PROTEIN 10.72%

FAT 39.2%

CARBS 50.08%

Properties

Glycemic Index: 49.79, Glycemic Load: 26.89, Inflammation Score: -6, Nutrition Score: 15.392173829286%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 293.17kcal (14.66%), Fat: 13.3g (20.46%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 33.86g (12.31%), Sugar: 1.95g (2.17%), Cholesterol: 10.87mg (3.62%), Sodium: 629.56mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.37%), Vitamin B6: 0.78mg (39%), Copper: 0.71mg (35.61%), Manganese: 0.64mg (32.07%), Potassium: 891.76mg (25.48%), Magnesium: 91.68mg (22.92%), Phosphorus: 209.92mg (20.99%), Iron: 3.76mg (20.9%), Fiber: 4.37g (17.48%), Vitamin B1: 0.26mg (17.38%), Calcium: 172.84mg (17.28%), Vitamin C: 12.46mg (15.1%), Vitamin K: 14.4µg (13.71%), Vitamin B3: 2.62mg (13.12%), Zinc: 1.66mg (11.06%), Folate: 41.43µg (10.36%), Selenium: 6.97µg (9.95%), Vitamin A: 489.21IU (9.78%), Vitamin B2: 0.15mg (9.03%), Vitamin B5: 0.65mg (6.52%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.12µg (2.08%)