



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 coarse kosher salt
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 2 garlic cloves coarsely chopped
- ☐ 1 green onion finely chopped
- ☐ 1 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 large russet potatoes unpeeled scrubbed (each 16 ounces)
- ☐ 1 teaspoon salt
- ☐ 1 serrano chile minced seeded
- ☐ 2.6 ounces sesame seed
- ☐ 0.5 cup whole-milk 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 first6 ingredients in processor. Using on/offturns, blend until mixture is finely chopped.
- ☐ Add yogurt, oil, and lemon juice and processuntil smooth puree forms.
- ☐ Transfer to smallbowl. Season to taste with salt and pepper.DO AHEAD: Can be made 6 hours ahead.Cover and refrigerate.
- ☐ Remove top rack from grill.
- ☐ Placedisposable aluminum baking pan in centerof bottom rack (if using 2-burner gas grill,place pan on 1 side of burner).
- ☐ Add enoughwater to pan to reach depth of 1 inch.
- ☐ Prepare barbecue (medium heat). Ifusing charcoal grill, light briquettes inchimney and pour half onto rack on eachside of disposable pan. If using 3-burner gasgrill, light burners on left and right, leavingcenter burner off. If using 2-burner gas grill,light burner on side opposite disposable pan.Return top rack to grill.
- ☐ Place sheet of foilon grill rack above unlit burner; brush withvegetable oil.
- ☐ Place sesame seeds on small plate.
- ☐ Placehalf of yogurt-spice paste in shallow bowland reserve.
- ☐ Spread remaining yogurt-spicepaste over top of potato filling in each potatohalf.
- ☐ Sprinkle with half of sesame seeds. Dipbottom of each potato half into reservedspice paste, then dip into remaining sesameseeds.
- ☐ Place potatoes atop foil on grill rackabove disposable pan. Cover barbecueand grill until potatoes are heated throughand bubbling in center, 25 to 30 minutes.
- ☐ Transfer potatoes to platter and serve.
- ☐ * A thick yogurt; sold at some supermarketsand at specialty foods stores (such as Trader Joe's and Whole Foods markets) and Greekmarkets. If unavailable, place regular yogurtin cheesecloth-lined strainer set over largebowl. 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: Og (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%)