

Potato Soufflee's

Stuffed with delicious Gruyere cheese, mushrooms and a medley of herbs and spices these soufflés are easy enough to create for a weekday dinner and delicious enough to serve at your next gathering.

4 large long white Ontario Baking Potatoes or Ontario Sweet Potatoes (about 2 lb/1 kg), scrubbed

1 tbsp (15 mL) butter

1 small onion, chopped

2 cloves garlic, minced

1 cup (250 mL) chopped mushrooms

2 tbsp (25 mL) chopped fresh Italian parsley

1/2 tsp (2 mL) dried thyme

1/4 tsp (1 mL) each salt and pepper

1 cup (250 mL) shredded Gruyere cheese

3 egg whites

Prick potatoes with fork a few times and place in 400 F (200 C) oven and bake for about 1 hour or until tender when pierced with knife. Let cool slightly.

Meanwhile, in skillet melt butter over medium heat and cook onion, garlic, mushrooms, parsley, thyme and half each of the salt and pepper for about 8 minutes or until softened and golden brown. Set aside.

Cut top third of potatoes horizontally off and scoop out flesh from top piece and entire potato into bowl, leaving 1/2-inch (1 cm) thick shell. Mash potato flesh with remaining salt and pepper and add onion, mushroom mixture and Gruyere cheese; stir to combine.

In bowl, beat egg whites until stiff peaks form. Fold one third of the egg whites into potato mixture to lighten. Fold in remaining egg whites until evenly combined. Mound mixture into potato shells and place in small baking dish and bake in 350 F (160 C) oven for about 20 minutes or until lightly golden. Broil for about 3 minutes or until golden brown and slightly crisp on top.

Try using other favourite vegetables and cheese combinations like cooked broccoli and cheddar cheese or roasted red pepper and Asiago cheese.

Per serving: 360 calories, 16 g protein, 12 g fat, 46 g carbohydrates, 5 g fibre, 320 mg sodium, 860 mg potassium

Good Source of Vitamin C, Source of Fibre, Source of Calcium and Folate, Source of Vitamins B1, B2, B3 and B12

