

## Baked Stuffed Potatoes

- 4 medium to large baking potatoes
- 1 cup chopped broccoli, stems and florets
- 3 tablespoons butter
- 1 cup sliced and slightly chopped mushrooms
- 6 green onions, chopped
- 1 cup soy sour cream
- 1 1/2 cups grated sharp cheddar cheese
- 1/4 cup minced fresh parsley
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- paprika

Preheat oven to 425 degrees. Bake potatoes on cookie sheet until tender when pierced with a fork (approximately 1 to 1 1/4 hours).

In a 10-inch fry pan, sauté the broccoli in 1 tablespoon butter over medium heat.

When it just begins to get tender, add mushrooms and sauté until lightly done. Drain if needed.

Cut the top off each potato so that the insides can easily be scooped out, cutting off just the skin layer.

While holding potato with a potholder, carefully scoop out the insides and put into a medium-sized bowl. Mash with remaining 2 tablespoons of butter.

Lower oven temperature to 400 degrees.

Add green onions, sautéed vegetables, sour cream, cheese, parsley, salt and pepper to mashed potatoes and mix well.

Fill potato shells with this mixture. Sprinkle the top of each potato with paprika. Bake 15 minutes more and serve.