



Twice Baked Potato Casserole

8 servings

1 hour 45 minutes

Ingredients

- 4 Russet Potato (large)
- 6 stalks Green Onion (chopped)
- 1/3 cup Parsley (chopped, plus more for garnish)
- 6 ozs Cheddar Cheese (grated)
- 1 1/2 cups Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Butter (melted)

Nutrition

Amount per serving	
Calories	218
Fat	10g
Carbs	22g
Fiber	2g
Sugar	3g
Protein	11g
Cholesterol	31mg
Sodium	180mg
Potassium	521mg
Vitamin C	15mg
Calcium	269mg
Iron	1mg
Vitamin D	24IU
Folate	35µg
Vitamin B12	0.2µg
Magnesium	34mg
Zinc	1mg

Directions

- 1 Preheat the oven to 425°F (220°C). Pierce each potato multiple times with a sharp knife or fork.
- 2 Place the potatoes on a baking sheet and bake in the oven for 45 to 50 minutes or until cooked through and very tender. Cool completely. Keep the oven on.
- 3 Remove the skin of the potatoes and shred them. Place them into a large mixing bowl.
- 4 Add the green onions, parsley, cheddar, and yogurt, to the same bowl. Season with salt and pepper. Mix gently to combine without over-mixing.
- 5 Transfer the potato mixture to a casserole dish. Brush the top with butter and bake in the oven for about 30 minutes or until starting to brown on top.
- 6 Garnish with fresh herbs if desired, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: A 13 x 9-inch (33 x 23 cm) baking dish was used to make eight servings. One serving is approximately one cup.

More Flavor: Use sweet potatoes instead.

Freezer Meal: This dish can be frozen before baking. Cover in plastic wrap and then with foil, to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating.

Prep the Night Before: You can prepare the recipe ahead by cooking the potatoes the day before.