

Potato Baskets with Cheese

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 40 appetizers

20 small new potatoes
8 ounces ricotta cheese
1 1/4 ounces Cheddar cheese, grated
3/4 ounce Parmesan cheese, shredded
salt (to taste)
pepper (to taste)
oil (for spraying or brushing)
1/2 ounce fresh chives (for garnish),
freshly chopped

Preparation Time: 15 minutes

Bake:

Preheat the oven to 400 degrees.

Boil or steam the potatoes for 10 minutes or until just tender when tested with a skewer (do not overcook or the potatoes will fall apart when you are preparing them). Drain well and cool completely.

In a small bowl, combine the ricotta, Cheddar and Parmesan. Season to taste. Set aside.

Cut the cooled potatoes in half. Use a melon baller to scoop out the flesh, leaving a 1/4-inch border. Discard the flesh.

Lightly spray the potato halves with oil. Place the potato shells on baking trays.

Bake for 30 to 45 minutes or until crisp and golden. Heat the grill to high.

Fill each potato shell with a teaspoon of the cheese mixture. Grill for 5 to 8 minutes or until the tops are lightly golden and the cheese has melted.

Arrange on a serving dish and garnish each with chopped chives. Serve immediately.

The potatoes can be cooked and filled in advance then grilled just before serving.

Per Serving (excluding unknown items): 2562 Calories; 50g Fat (17.2% calories from fat); 94g Protein; 447g Carbohydrate; 39g Dietary Fiber; 169mg Cholesterol; 953mg Sodium. Exchanges: 26 Grain(Starch); 6 Lean Meat; 5 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	2562	Vitamin B6 (mg):	6.3mg
% Calories from Fat:	17.2%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	68.4%	Thiamin B1 (mg):	2.0mg
% Calories from Protein:	14.3%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	50g	Folacin (mcg):	348mcg
Saturated Fat (g):	31g	Niacin (mg):	37mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	169mg	% Daily Value:	n n%
Carbohydrate (g):	447g	Food Exchanges	
Dietary Fiber (g):	39g	Grain (Starch):	26
Protein (g):	94g	Lean Meat:	6
Sodium (mg):	953mg	Vegetable:	0
Potassium (mg):	13544mg	Fruit:	0
Calcium (mg):	1188mg	Non-Fat Milk:	0
Iron (mg):	20mg	Fat:	5 1/2
Zinc (mg):	14mg	Other Carbohydrates:	0
Vitamin C (mg):	481mg		
Vitamin A (i.u.):	1636IU		
Vitamin A (r.e.):	491RE		

Nutrition Facts

Amount Per Serving

Calories 2562 Calories from Fat: 441

% Daily Values*

Total Fat	50g	77%
Saturated Fat	31g	155%
Cholesterol	169mg	56%
Sodium	953mg	40%
Total Carbohydrates	447g	149%
Dietary Fiber	39g	156%
Protein	94g	
Vitamin A		33%
Vitamin C		801%
Calcium		119%
Iron		109%

* Percent Daily Values are based on a 2000 calorie diet.