

Fava Bean & Mustard Green Twice Baked Potato

PREP TIME: 60 minutes

TOTAL TIME: 1 hour 10 minutes

Servings: 4 main dishes (full potato) or 8 sides (half potato)



Ingredients

4 medium russet potatoes

1/2 cup organic full fat cottage cheese (we used 4% milk fat Good Culture cottage cheese)

4 Tbsp extra virgin olive oil

1 1/2 tsp sea salt

1/4 tsp ground black pepper

1 cup dried split fava beans

1/4 cup warm water

1/2 bunch organic mustard greens

Toppings

1 cup organic full fat cottage cheese (we used 4% milk fat Good Culture cottage cheese)

4 tsp extra virgin olive oil

Sprinkle of pepper

1. Preheat oven to 400 degrees. Scrub the outside of each potato with warm water. Using a fork, carefully pierce each potato about 4-6 times to allow steam to escape while potatoes are cooking. Sprinkle each potato with sea salt then place in the oven for 40-50 minutes or until soft and the skin can easily be pierced with a fork.
2. While the potatoes are cooking, rinse fava beans under warm water until water runs clear. Place in a pan and add 2 cups of water and bring to a boil for 10 minutes. Reduce the heat to a simmer and continue cooking for 20 minutes or until the liquid is absorbed and the fava beans are soft. Note fava beans can be pre-soaked for 1-2 hours to quicken cooking time. Transfer cooked fava beans to a large bowl and add 1/4 cup warm water. Using a potato masher, mash the fava beans until they are broken down (think lumpy mashed potato texture) then set aside.
3. Remove potatoes from the oven and allow them to slightly cool before handling. Slice each potato open though not all the way through if possible. Scoop out the inside into the bowl with the fava beans, save the skins for later use. Using the potato masher, mash potatoes with the fava beans until a somewhat smooth texture is formed. In a blender or food processor add 1/2 cup cottage cheese and 3 Tbsp olive oil and process until creamy then fold into the fava bean and potato mixture until light and creamy.
4. Wash and de-stem the mustard greens. Add 1 Tbsp olive oil, 1/4 tsp sea salt, and greens to a sauté pan and cook for 2 minutes or until wilted and bring green. Carefully strain off any liquid from the greens - this helps to remove the bitter taste. Chop greens into small pieces then fold into the fava bean and potato mixture.
5. Evenly fill each potato skin with mixture* and place back in the oven to warm up for 5-10 minutes. Top each potato with a scoop of cottage cheese, drizzle of olive oil, and a sprinkle of pepper. If you do not plan to serve all the potatoes keep the toppings off until ready to eat. Potatoes will keep in the fridge for 2-5 days. To reheat, preheat oven to 350 degrees and cook for 10 minutes or microwave for 1 minute then top with cottage cheese, olive oil and pepper to taste.

*You may have leftover mashed fava/potato mixture that does not fit back into potato skin, save to enjoy later!