



Leafcutter Bee and Alfalfa Flowers

Stuffed Potatoes



Many farmers and ranchers feed their livestock alfalfa hay. It's loaded with nutrients like protein, vitamins and minerals that help the animals produce high-quality meat and dairy products. Oregon leafcutter bees help produce the alfalfa seed that these farms rely on. Think about all the hard work of leafcutter bees when you enjoy this Food Hero recipe.

Ingredients

- 2 medium **potatoes** or sweet potatoes
- 1 cup **cooked beef** or black beans (cooked or canned, drained and rinsed), or a mixture
- $\frac{3}{4}$ cup **salsa** (try Food Hero's Salsa Roja or Salsa Verde)
- 1 cup **broccoli** (frozen or fresh)
- $\frac{1}{2}$ cup shredded **cheese** (try cheddar, feta, pepper jack or Mexican blend)

Directions

1. Wash hands with soap and water.
2. Scrub potatoes well. Poke each potato with a fork 2 or 3 times. Microwave on HIGH for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
3. In a microwave safe bowl, combine beef and/or beans, salsa and broccoli. Microwave for 2 to 3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half length-wise and flatten with a fork. Divide beef and/or bean mixture between the four halves. Sprinkle with cheese and serve warm.*
5. Refrigerate leftovers within 2 hours.

***Topping ideas:** chopped cilantro, hot sauce, avocado, black olives, green onion, plain low-fat yogurt or sour cream.



Makes 4 potato halves
 Prep time: 5 minutes
 Cook time: 10 minutes



Nutrition Facts	
4 servings per container	
Serving size	1 potato half (226g)
Amount per Serving	
Calories	250
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 480mg	21%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 2mg	10%
Potassium 667mg	15%
Vitamin A 67mcg	7%
Vitamin C 41mg	45%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe Math Challenge

Your food truck is open every day of the week and sells stuffed potatoes daily. One portion is two halves of a potato.

🌻 If you sell an average of 56 stuffed potato plates every day, how many will you sell in the month of July? Hint: There are 31 days in July.

Leafcutter Bee Photo: New Zealand Arthropod Collection