



Leafcutter and Alkali Bee and Alfalfa Flowers

Stuffed Potatoes

Name someone you would like to share this recipe with. Why would they like it?

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 and alkali bees help produce the alfalfa seed that these farms animals eat.

Ingredients

- 2 medium **potatoes** or sweet potatoes
- 3/4 cup **salsa**
- 1 cup **broccoli** (frozen or fresh)
- 1 cup **cooked beef** or pinto or black beans (cooked or canned, drained and rinsed), or a mixture
- 1/2 cup shredded **cheese** (try cheddar, feta or pepper jack)

Directions

1. Wash hands with soap and water.
2. Scrub potatoes well. Poke each potato with a fork 2 or 3 times.
3. 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.
4. In a microwave safe bowl combine salsa, broccoli and beef and/or beans. Microwave for 2 to 3 minutes, stopping once or twiceto stir, until heated through.
5. Cut potatoes in half length-wise and fluff with a fork.
6. Divide salsa mixture between the halves.
7. Sprinkle halves with cheese and serve warm.*Refrigerate leftovers within 2 hours.

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



Watch Oregon dairy and beef farmers in action.



<https://beav.es/TJw>
<https://beav.es/TJU>



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

The food truck sells an average of 56 stuffed potato plates every day, seven days a week. One plate contains two halves of a potato. How many stuffed potato plates will you sell in the month of July which always has 31 days?

Bonus: How many cups of cheese do you need to buy to make 56 stuffed potato plates?

Leafcutter Bee Photo: New Zealand Arthropod Collection

