

Broccoli baked potatoes

YOU'LL NEED

- 1 baking potato
- A dash of olive oil
- About 50g broccoli
- 25g grated Swiss cheese
- A knob of unsalted butter
- 2 tbsp milk
- 25g cream cheese
- ½ tsp Dijon mustard
- Salt and pepper
- Olives, tomatoes and chives

SERVES 1

WHAT TO DO

- 1 Preheat the oven to 200°C/400°F/Gas 6. Prick the potato with a fork and coat with the oil. Place directly on the oven shelf and bake for about 45 minutes.
- 2 After 30 minutes, cook the broccoli for 8-10 minutes.
- 3 Remove the spud from the oven and leave to cool for about 10 minutes. Keep the oven on. Whizz the broccoli in a blender or food processor.

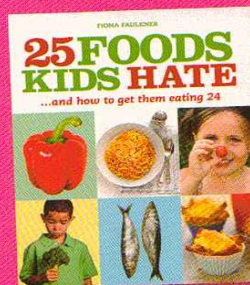
4 Cut across the top quarter of the potato, scoop out the inner flesh and place in a bowl. Add the cheese, butter and milk to the bowl and mash.

5 Stir through the broccoli, cream cheese, Dijon mustard and seasoning. Spoon the mash back into the hollow skin and bake for another 10 minutes or so.

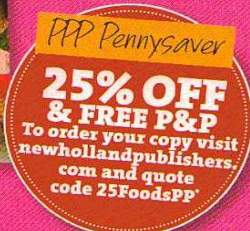
6 Remove from the oven and decorate with two olives for eyes, half a cherry tomato for a nose, and chopped chives for hair.



Essential info



25 Foods Kids Hate... And How To Get Them Eating 24 by Fiona Faulkner (New Holland Publishers, £12.99)



✓ For a lump-free cheese sauce, add cold milk straight from the fridge.

✓ Try red pepper pesto in your tomatoes for adventurous palettes.

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CODE VALID FROM 7 SEPTEMBER TO 4 OCTOBER 2011

Inside-out tomato sandwiches

YOU'LL NEED

- 6 tomatoes on the vine
- A knob of unsalted butter
- 25g fresh wholemeal breadcrumbs
- 25g grated hard cheese, such as Cheddar
- 1 tsp red pesto

SERVES 6

WHAT TO DO

- 1 Preheat the oven to 200°C/400°F/Gas 6 and lightly grease a baking tray.
- 2 Slice the top from each tomato and carefully scoop out the flesh of four of them, chop it roughly and place in a bowl. Scoop out the flesh of the other two tomatoes but don't add this to the bowl. Place all the hollowed-out tomatoes on the greased baking tray.
- 3 Melt the butter in a small non-stick frying pan. Add the breadcrumbs and sauté over a

medium heat for 3 minutes until warm and crispy.

4 Add the breadcrumbs, cheese and pesto to the chopped tomato flesh and mix well. Carefully fill the six tomato hollows with this stuffing mixture.

5 Bake in the preheated oven for about 8 minutes.



Mediterranean mac and cheese

YOU'LL NEED

- About 300g dried macaroni
- 75g SunBlush tomatoes
- 75g marinated artichokes
- 500ml whole milk
- 50g unsalted butter
- 50g flour, sifted
- Black pepper
- 110g grated hard cheese, such as Cheddar

a medium-high heat and whisk until the sauce thickens. Once it's thickened, add a twist of black pepper and the cheese and stir until it melts.

5 Add the tomatoes and artichokes to the sauce and stir through, along with the macaroni. Serve immediately.

SERVES 4-6

WHAT TO DO

- 1 Cook the macaroni according to the packet instructions.
- 2 Drain any excess oil from the tomatoes and artichokes and chop them roughly.
- 3 Whizz the tomatoes and artichokes in a blender or food processor.
- 4 Put the milk, butter and flour in a saucepan over

