

## Mini-Stuffed Potatoes with Charred Corn & Red Pepper Hummus

Feel like impressing your co-workers with your culinary prowess? This recipe is a showstopper for those who think the aesthetic of the dish is just as important as the taste!

This delicious recipe is chock full of veggies and has a tasty, creamy centre thanks to the hummus. Two potato halves are under 155 calories and less than 1g of fat while being a great source of fibre and protein.

Also a great way to serve potatoes as a side dish at your next dinner party!

### **Ingredients**

12 small red skinned potatoes  
2 ears corn, shucked (or 1 can no-sodium corn kernels)  
¼ cup red pepper hummus  
3 green onions, finely chopped



### **Preparation**

1. Fill a medium saucepan with water, bring to a boil, and add the potatoes. Simmer until tender, about 16-18 minutes. Remove from heat and place under cold, running water to stop the cooking process.
2. Meanwhile, preheat a grill to moderate-high heat. Lightly spray the corn with non-stick cooking spray. Grill the corn for 20 minutes, turning halfway through. Remove from heat and allow to cool, then cut the corn from the cob.
3. Slice the cooled potatoes in half and use a small spoon or melon baller to scoop out the centre. Leave enough potato around the sides to support the filling. You can either save the potato innards for use in another recipe or discard them.
4. Place the hummus in a piping or plastic bag. Pipe ½ tsp of hummus into each potato. Top with corn and onion. Makes 24 halves; 2 pieces per serving.

### **Nutrition (per serving)**

151.8 calories; 0.9g fat; 32.8g carbohydrates; 4.6g fibre; 4.5g protein; 47.2mg sodium