**Twice-Baked Broccoli-and-Kale-Stuffed Potatoes**

Serves 2- 1F 1C

* 2 baking potatoes
* 200g cooked broccoli (roasted or steamed is fine)
* 6 large kale leaves
* 125ml cup milk
* 20g tablespoons cheddar cheese, grated
* Salt and pepper, to taste

1. Preheat oven to 180c
2. Scrub potatoes, and then poke each several times with a fork (making sure to press well into the potato flesh).
3. Place the potatoes on a baking tray, and bake for 50-60 minutes, until tender. Once cooked, remove from the oven.
4. While the potatoes are cooking, prep the kale leaves: Wash and dry, remove and discard the thick inner stems, and roughly chop the leaves.
5. Cook in a pot of rapidly boiling water for 2 minutes, then drain and run under cold water to stop cooking process. Set cooked kale aside.
6. Slice potatoes lengthwise, and scoop the insides out into a blender, leaving a good 1/4 inch of potato flesh still attached to the potato skin (otherwise, your potato might fall apart). (Note: If you don't have a blender, you can use a hand blender, a food processor, or simply mash the ingredients with a fork!)
7. Add the broccoli, kale, and milk to the blender and blend until smooth. Season to taste with salt and pepper.
8. Scoop the pureed broccoli-kale-potato mixture back into the potato skins. Sprinkle with the grated cheddar cheese, return to the baking sheet, and bake for another 10 minutes.
9. Under a preheated grill. Grill the potatoes on high for 3 minutes to brown the cheese.