

Steps	NEEDED
Preheat the oven to 375 degrees	Oven
Line a baking try with parchment paper	Parchment paper tray
Slice potato in half lengthwise	Potatoes
Spoon out the pulp leaving 1/4 th inch of the potato skin	Potatoes
Brush oil all over the skins. Arrange the potato skins on the tray	Potatoes,tray,oil
Sprinkle the inside of the skins with Paprika	Paprika,potato skins
Take a large mixing bowl. Add Mushrooms,sweet pepper, Spinach,onion, all purpose seasoning,tamari,olive oil and remaining ½ tsp of Paprika. Add salt if all purpose seasoning was salt free. If mixture seems to dry add more olive oil	Bowl,Diced mushrooms, Chopped spinach, diced sweet peppers, minced onions,all purpose seasoning,olive oil,tamari,paprika
Spoon one sixth of the filling into each skin. Tent with foil and bake for 35 to 40 mins. Remove foil, add cheese and bake for 10 to mins Minutes uncovered till cheese melts.	Tray,aluminium foil,oven
To serve as an entrée serve 2 to 3 skins with a Chopped salad. To serve as a appetizer cut into 2 to 3 slices, drizzle with combination of ketchup and hot sauce.	