



Donated by Allen & Myra Charleston

uses microwave and standard oven

## **Emu Stuffed Baked Potatoes**

4 large baking potatoes  
4 links Emu Polish Sausage  
2 Tablespoons butter or margarine  
1 Tablespoon sour cream  
1 Tablespoon shredded cheddar  
Salt & Pepper to taste

Preheat oven to 375°.

Pierce potatoes with fork. Microwave potatoes until soft, approximately 7 minutes. Take out of microwave and place on center rack of oven for 15 minutes. This will give a nice crisp shell to work with.

Pan sauté emu sausage links on med-high until heated through (10 or 11 minutes) while the potatoes are cooking in the oven. Slice.

Remove potatoes from oven and cut down the middle lengthwise and squeeze both ends to open.

Scrape out potato into bowl.

Save skins.

Mix potato, seasonings, sour cream and butter.

Spoon back into potato shells.

Sprinkle shredded cheddar over tops of potatoes.

Place sliced emu sausage on top and serve.

Add a salad and you have a meal for 4.