

## BROCCOLI BAKED POTATOES

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention  
<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx?RecipeId=578&Search=&PageNumber=2&SortBy=TA&PerformOrSearch=-1&Fruits=&Vegetables=&MealTypes=25>

### Ingredients

- 6 medium Idaho potatoes
- 3 stalks broccoli
- ¼ cup skim milk
- 1 cup shredded light cheddar cheese
- 1/8 tsp pepper

### Instructions

1. Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise.
2. Bake at 350 °F for 30-60 minutes until done, depending on size.
3. Peel broccoli stems. Steam whole stalks just until tender and chop finely.
4. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli.
5. Add milk, ¾ cup cheese and pepper.
6. Mash together until the mixture is pale green with dark green flecks.
7. Heap into the potato jackets and sprinkle with remaining cheese.
8. Return to oven to heat through (about 15 minutes).

Makes 6 servings. Serving size: 1/6 recipe

### Nutritional information per serving (6 servings)

Calories: 210  
Calories from fat: 15  
Total fat: 2g  
Saturated fat: 1g  
Trans fat: 0g  
Cholesterol: 5 mg  
Sodium: 140mg  
Total carbohydrate: 39g  
Dietary fiber: 5g  
Sugars: 3g  
Protein: 10g  
Vitamin A: 4%  
Vitamin C: 90%  
Calcium: 10%  
Iron: 10%

#### Diabetic Exchange\*\*

Fruit: 0  
Vegetables: 2  
Meat: 1  
Milk: 0  
Fat: 0  
Carbs: 0  
Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.

