

Wonderful Stuffed Potatoes

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/wonderful-stuffed-potatoes>

Ingredients

- 4 potatoes (medium, baking)
- ¾ cup cottage cheese (low-fat 1%)
- ¼ cup milk (low-fat 1%)
- 2 tbsp. margarine (soft tub)
- 1 tsp. dill weed
- ¾ tsp. herb seasoning
- 4 drops hot pepper sauce
- 2 tsp. Parmesan cheese (grated)

Instructions

1. Prick potatoes with fork. Bake at 425 degrees Fahrenheit for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about ½ inch of pulp inside shell. Mash pulp in large bowl.
3. Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells.
4. Sprinkle top with ¼ tsp of Parmesan cheese.
5. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Makes 8 servings (1/2 potato each)

Nutrition information per serving:

Calcium	4% DV
Calories	130
Carbohydrate	20 g
Dietary Fiber	2 g
Iron	6% DV
Protein	5 g
Total Fat	3.5 g
Saturated Fat	1 g
Sodium	140 mg
Vitamin A	4% DV
Vitamin C	35% DV



Wellness Center