



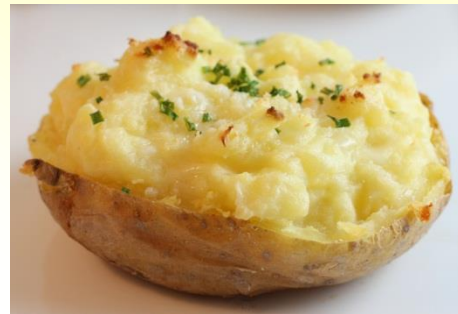
Wonderful Stuffed Potatoes

Serving size: ½ potato

Yield: 8 servings

Ingredients:

- 4 medium baking potatoes
- ¾ cup cottage cheese, low-fat (1%)
- ¼ cup milk, low-fat (1%)
- 2 tablespoons soft (tub) margarine
- 1 teaspoons dill weed
- ¾ teaspoon herb seasoning
- 4-6 drops hot pepper sauce
- 2 teaspoons Parmesan cheese, grated



Directions:

1. Prick potatoes with fork. Bake at 425° F 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 teaspoon of Parmesan cheese.
5. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Nutrition Facts (per serving): Calories: 113, Total fat: 3 g, Saturated fat: 1 g, Cholesterol: 1 mg, Sodium: 151 mg, Fiber: 2 g, Protein: 5 g, Carbohydrate: 17 g, Potassium: 293 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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