



Broccoli Baked Potatoes

Serving Size: 1 small potato or 1/2 large potato

Yield: 6 servings

Ingredients:

6 small baking potatoes or 3 large baking potatoes

3 broccoli stalks

1/4 cup skim milk

1 cup light Cheddar cheese, shredded, divided

1/8 teaspoon black pepper



Directions:

1. Preheat oven to 350°F. Scrub and make shallow slits around the middle of the potato.
2. Bake potatoes for 30-60 minutes or until done.
3. Peel broccoli stems. Steam whole stalks until tender and chop finely. Put in a bowl and set aside.
4. Slice the potatoes in half and scoop out the insides into the bowl with the broccoli. Set the potato skins aside.
5. Add milk, 3/4 cup cheese and black pepper to potato and broccoli mixture. Mash ingredients together.
6. Heap the mixture into the potato jackets and sprinkle with the remaining cheese.
7. Bake for 15 minutes or until heated through.

Nutrition Facts per serving: Calories, 210; Calories from fat, 19 ; Total fat, 2g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 5mg; Sodium, 140mg; Total Carbohydrate, 39g; Fiber, 5g; Protein, 10g; Vitamin A, 4%; Vitamin C, 90%; Calcium, 10%; Iron, 10%.

Source: www.extension.org

