



Healthy Monday

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Wonderful Stuffed Potatoes

Baked potatoes stuffed with seasoned, low-fat cottage cheese are a lavish low-fat, low-cholesterol, low-sodium treat.

Ingredients

4 medium baking potatoes
3/4 C low-fat (1%) cottage cheese
1/4 C low-fat (1%) milk
2 Tbsp soft margarine
1 tsp dill weed
3/4 tsp herb seasoning
4-6 drops hot pepper sauce
2 tsp grated parmesan cheese

Directions

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

Yield: 8 servings--Serving Size: 1/2 potato each

Nutrition : Calories: 113, Total fat: 3 g, Saturated fat: less than 1 g, Cholesterol: 1 mg, Sodium: 136 mg

