



Stuffed Baked Potatoes

from Jane Brody's Good Food Book
4 servings

- 4 baked potatoes, about 7 oz. each
- ½ cup skim milk, warmed
- 1 cup part-skim ricotta
- 2 small cloves garlic, minced or pressed
- 2 cups chopped cooked broccoli or spinach
- ¼ cup grated Parmesan cheese, divided

1. Cut potatoes in half lengthwise. Scoop out flesh carefully with a spoon. Put the empty skins on a baking sheet.
2. Mash potato flesh with warm milk. Combine well with ricotta, garlic, salt and pepper if desired, broccoli or spinach, and 2 Tablespoons Parmesan cheese.
3. Spoon potato mixture into potato skins. Sprinkle stuffed potatoes with remaining Parmesan.
4. Bake at 350 degrees for 20 minutes (or longer if the potatoes were cold to start with) or heat in microwave.

Nutrition Facts:

Calories: 340	Total Fat: 7g	Saturated Fat: 4g	Cholesterol: 25 mg
Sodium: 251mg	Carbohydrates: 54g	Dietary Fiber: 5.6 g	Protein: 16.5 g