

CHEESE-STUFFED POTATOES

4 Servings, two potato halves each

Baking potatoes	4 (8 ounces each)
Lowfat cottage cheese	7/8 cup
Whole milk	2 tablespoons
Onion, minced	2 tablespoons
Paprika	1/4 teaspoon

PREPARATION TIME: 20 MINUTES

CONVENTIONAL COOKING TIME: 30 TO 45 MINUTES

MICROWAVE COOKING TIME: 5 TO 10 MINUTES

1. Scrub potatoes and remove any blemishes.

TO BAKE:

CONVENTIONAL METHOD:

1. Preheat oven to 400° F.
2. Place potatoes in oven and bake until tender, about 30 to 40 minutes.

MICROWAVE METHOD:

1. Pierce potatoes by using fork prongs.
2. Cover potatoes with waxed paper. Heat on high until tender, about 5 to 10 minutes.

TO STUFF POTATOES:

1. Slice each potato in half, lengthwise. Using a spoon, scoop out pulp, leaving about 1/4-inch thick shells, saving pulp.
2. Blend cheese, milk, and onion. Add potato pulp; mix until light and fluffy.
3. Fill potato halves with mixture. Sprinkle paprika over potatoes.

Note: Return to oven or microwave to reheat, for a few minutes, if desired.

PER SERVING:

Calories	250
Total fat	1 gram
Saturated fat	1 gram
Cholesterol	5 milligrams
Sodium	216 milligrams