

# Recipes

## **Cheese Stuffed Twice Baked Potatoes**

#### **Ingredients:**

- 8 medium baking potato
- 1 cup cottage cheese, low-fat
- 2 tablespoons milk
- 2 tablespoons onion, chopped
- 1/4 teaspoon paprika
- 1/4 cup reduced fat cheddar cheese, shredded

#### **Equipment:**

Cutting board Knife Baking sheet Measuring cups Measuring spoons Potato masher Grater

Number of Servings: 8 Prep Time: 10 minutes Total Time: 50 minutes

#### Directions

- 1. Preheat the oven to 400°F.
- 2. Put the potatoes in the oven. Bake potatoes for 30 to 40 minutes until tender.
- 3. Slice each potato in half lengthwise, and use a spoon to scoop out the inside of each potato into a bowl. Leave about 1/4 inch of potato next to the skin and save to re-stuff potato
- 4. Add cottage cheese, milk, and onion to the potatoes in the bowl. Use a potato masher or a fork to thoroughly mix the ingredients until light and fluffy.
- 5. Put part of the mix inside each potato skin.
- 6. Sprinkle cheese and paprika over the potatoes.
- 7. Return to the oven for 5 minutes to reheat.

#### For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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### **Nutrition Facts**

Serving Size: 2 potato halves Servings: 8

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Amount Per Serving				
Calories 175		Calories from	Calories from Fat 9	
		%Daily Value*		
Total Fat 1g			1%	
Saturated	Fat trace	1g	1%	
Cholesterol	3mg		1%	
Sodium 149	mg		6%	
Total Carbo	hydrate	34g	11%	
Dietary Fil:	er 3g		12%	
Protein 8g			17%	
Vitamin A	1%	Vitamin C	61%	
Iron	8%	Calcium	5%	
*Percent Daily Values are based on a 2,000 calorie diet.				

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