

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.

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Nutrition Facts

Serving Size: 2 potato halves			
Servings: 8			
Amount Per Serving			
Calories	175	Calories from Fat	9
		%Daily Value*	
Total Fat	1g		1%
Saturated Fat	trace 1g		1%
Cholesterol	3mg		1%
Sodium	149mg		6%
Total Carbohydrate	34g		11%
Dietary Fiber	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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