

5 A Day Recipes

Side Dishes

Wonderful Stuffed Potatoes

Serves 4

- 4 medium potatoes
- ¼ cup low fat (1%) milk (or skim)
- 1 tsp. dill weed
- 4-6 drops hot pepper sauce
- ¾ cup low fat (1%) cottage cheese
- 2 Tbsp. margarine
- ¾ tsp. herb seasoning
- 2 tsp. grated parmesan cheese

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 ½" 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 ¼ tsp. parmesan cheese. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Nutritional Analysis Per Serving

Calories: 225
Fat: 7 g
Cholesterol: 3 mg
Fiber: 2 g
Sodium: 273 mg
% Calories from Fat: 27%

This is an official 5 A Day recipe, and provides four people with one serving of vegetable each.

Recipe provided by the National Heart, Lung and Blood Institute.