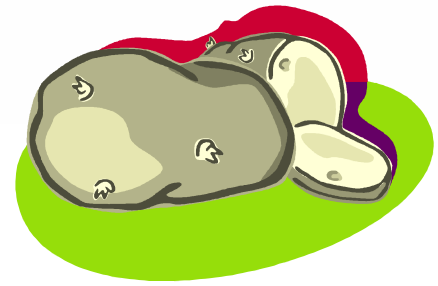


# Cheesy Stuffed Potato



## Ingredients:

1 large potato, baked  
1/2 cup non-fat plain yogurt  
1 cup steamed vegetables such as broccoli and red bell pepper, coarsely chopped  
1/4 cup reduced fat cheddar cheese, grated  
Pepper to taste

## Directions:

Preheat oven to 425 degrees F.

Slice baked potato lengthwise. Carefully scoop out potato, leaving about 1/4" of pulp inside the shell. Mash potato in a medium mixing bowl.

Mix in the yogurt, add pepper to taste, then add cooked vegetables.

Place potato shell on baking sheet. Spoon mixture back into potato shell.

Top with cheddar cheese. Bake for 10-15 minutes.

13% calories from fat.

Resource: National Dairy Council

<b>Nutrition Facts</b>	
Serving Size 1 potato (592g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 460	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 83g	<b>28%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 16g	
<b>Protein</b> 23g	
Vitamin A 80%	• Vitamin C 290%
Calcium 70%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

