Meal in a Potato
Makes 4 servings

Ingredients:
- 4 baking potatoes
- 1 cup ham, cubed
- 1 cup shredded reduced fat cheddar cheese
- ½ cup low-fat sour cream
- 1½ cups coarsely chopped frozen broccoli florets

Directions:
1. Preheat oven to 400°.
2. Cook broccoli florets in microwave, 3 to 4 minutes, until tender-crisp. Set aside.
3. Pierce potatoes. Bake potatoes in microwave on high until tender, 16-18 minutes, turning over after 7 minutes.
4. Cut each potato in half lengthwise. Scoop out most of pulp.
5. Mash pulp with a fork, then combine pulp with ham, sour cream and broccoli.
6. Spoon the potato mixture into the potato shells.
7. Sprinkle the cheese evenly over the potatoes. Bake for 10 minutes or until potato mixture is hot and cheese is melted.

Source: Broome County Cornell Cooperative Extension