Meal in a Potato
Makes 4 servings

Ingredients:
4 baking potatoes
1 cup low fat 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

Nutrition Facts
4 servings per container
Serving size 1 potato (527g)

Amount per serving Calorics 490
% Daily Value*
Total Fat 12g 15%
Saturated Fat 7g 35%
Trans Fat 0g
Cholesterol 45mg 15%
Sodium 880mg 30%
Total Carbohydrate 71g 26%
Dietary Fiber 9g 32%
Total Sugars 5g
Includes 0g Added Sugars 0%
Protein 25g

Vitamin D 0mcg 0%
Calcium 361mg 30%
Iron 4mg 20%
Potassium 1760mg 35%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

22% calories from fat