Salsa-y Spuds

**Ingredients:**
1 medium russet potato
¼ cup salsa
1 tablespoon reduced fat shredded cheddar cheese
1 tablespoon reduced fat sour cream
1 ounce frozen chopped broccoli, cooked

**Directions:**
1. Scrub potato clean.
2. Bake potato in 450 degree oven for 10 minutes, then pierce the skin with a fork in a few places. Bake for an additional 20-30 minutes until done. OR, microwave potato on “high” for 3 minutes, turn over, then microwave on “high” for 2 or 3 minutes until done. Let stand for 5 minutes.
3. Split potato down the middle, and spoon salsa over the flesh.
4. Sprinkle with cheese; add a tablespoon of sour cream and cooked broccoli.
5. Enjoy!! Don’t forget to eat the skin – it’s loaded with nutrients!!

**Yields about 1 serving**

**Source:** The Power of Choice Curriculum - USDA