

## Twice Baked Potatoes

(Makes 16 servings)

*Twice baked potatoes are definitely a favorite side dish – at least in our home! This version is so delicious – don't tell anyone that it is healthy! Make ahead a day or two, and bake when ready.*

### **Ingredients:**

- 8 large baking potatoes, scrubbed with skin on, and holes poked with fork for baking
- 8 ounces low fat cream cheese, brought to room temperature
- ¼ cup skim milk
- 1-3 tablespoons horseradish
- Salt and pepper to taste
- 8 ounces sharp cheddar cheese shredded

### **Directions:**

- 1) Bake potatoes in regular oven 45 to 60 minutes, or until fork tender (microwave baking does not leave the skin "crisp" enough for twice-baked potatoes.
- 2) Remove potatoes from oven and let cool slightly, just so you can handle them comfortably.
- 3) Cut potatoes in half lengthwise. Using a spoon, remove part of the flesh, leaving a little of it on the skin for stability.
- 4) Place all remove potato flesh in a microwave-safe bowl. Add cream cheese, skim milk, horseradish to taste, salt and pepper to taste, and 2 ounces of cheddar cheese. Heat so that all ingredients are warm (potatoes mash better when warm).
- 5) Whip warm potato mixture with electric mixer, in food processor, or by hand if you don't have one of the first two pieces of equipment.
- 6) Using a spoon, stuff cheese-potato mixture into potato shells, using all mixture.
- 7) Lay stuffed potato shells on a cookie sheet or in a 9 x 12 cake pan lined with foil, close together so they support each other and stand up.
- 8) Sprinkle remaining cheese evenly over the surface.
- 9) Bake 30 minutes at 350 degrees, or until cheese bubbles.

### **Nutritional Analysis:** (per serving / 1 potato half)

- Calories: 142
- Fat: 5.2 g
- Saturated fat: 3.2 g
- Protein: 7.1 g
- Carbohydrates: 7.11 g
- Fiber: 1.5 g
- Sodium: 161 mg

### **Source:**

*Recipe developed and copyrighted by Kristine Napier, MPH, RD, LD  
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