

Broccoli Baked Potatoes

- 6 medium Idaho potatoes
- 3 stalks broccoli
- ¼ C skim milk
- ½ C shredded light cheddar cheese

1. Scrub potatoes. Make shallow slits around the middle, as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30 to 60 minutes until done, depending on size.

2. Peel broccoli stems. Steam whole stalks until just tender, and chop finely.
3. Carefully slice potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, ⅓ cup cheese and pepper to taste. Mash together until mixture is pale green with dark green flecks.
4. Heap into potato jackets, and sprinkle with remaining cheese.
5. Return to oven and heat through (about 15 minutes).



NUTRITIONAL INFORMATION (PER SERVING):

Serving Size: 1/2 cup

Calories: 90

Calories from Fat: 9

Saturated Fat: 0.5g

Trans Fat: 0g

Cholesterol: 5mg

Sodium: 40mg

Total Carbohydrate: 19g

Dietary Fiber: 2g

Sugars: 2g

Protein: 4g

Vitamin A: 4%

Vitamin C: 60%

Calcium: 6%

Iron: 2%