



# Healthy Monday

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## Wonderful Stuffed Potatoes

*Baked potatoes stuffed with seasoned, low-fat cottage cheese are a lavish low-fat, low-cholesterol, low-sodium treat.*

### Ingredients

4 medium baking potatoes  
3/4 C low-fat (1%) cottage cheese  
1/4 C low-fat (1%) milk  
2 Tbsp soft margarine  
1 tsp dill weed  
3/4 tsp herb seasoning  
4-6 drops hot pepper sauce  
2 tsp grated parmesan cheese

### Directions

Prick potatoes with fork. Bake at 425° F for 60 minutes or until fork is easily inserted.  
Cut potatoes in half lengthwise. Carefully scoop out potato leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl.  
Mix in by hand remaining ingredients except parmesan cheese. Spoon mixture into potato shells.  
Sprinkle top with 1/4 tsp parmesan cheese.  
Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Yield: 8 servings--Serving Size: 1/2 potato each

**Nutrition :** Calories: 113, Total fat: 3 g, Saturated fat: less than 1 g, Cholesterol: 1 mg, Sodium: 136 mg

