



Healthy Recipe

WONDERFUL STUFFED POTATOES

4 medium baking potatoes	1 tsp. dill weed
¾ cup 1% cottage cheese	¾ tsp. Mrs. Dash
¼ cup 1% milk	6 drops hot pepper sauce
2 Tbsp. tub margarine	2 tsp. grated Parmesan cheese

Preheat oven to 425 degrees. Clean potatoes and prick with a fork. Bake for 60 minutes or until fork is easily inserted. Cut potatoes in half lengthwise. Carefully scoop out potato leaving about ½-inch of pulp inside the shell. Mash pulp in a large bowl. Stir in remaining ingredients, except cheese and spoon potato shells. Sprinkle top with Parmesan cheese. Place on baking sheet and return to oven for 15 minutes until the tops are golden brown.

Yield: 8 servings

Nutrition information per serving:

210 calories, 3 gm fat, 1 gm saturated fat, 2 mg cholesterol, 135 mg sodium, 7 gm protein, 40 gm carbohydrate, 4 gm fiber

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