

Stuffed Potatoes

As it can be difficult to coax your loved ones into eating five helpings a day of vegetables (as nutritionists recommend), this recipe cleverly incorporates broccoli into a baked potato, without using a lot of fat. Broccoli is an excellent source of fiber and cancer-fighting antioxidants. Potatoes are a universally loved vegetable loaded with vitamins C and B-6, potassium, and fiber. You can make the stuffed potatoes ahead and reheat them when everyone is ready to eat.

Ingredients:

3 large baking potatoes
3 stalks broccoli
1/2 teaspoon salt
1 tablespoon olive oil
1-2 tablespoons rice milk or soy milk
2 tablespoons grated Parmesan cheese

Instructions:

Scrub the potatoes and make shallow cuts around their middles to make it easier to cut them in half after baking. Bake the potatoes at 400 degrees until soft, usually 1 hour, depending on size of potatoes.

Meanwhile, cut the ends from the stalks of broccoli and peel some of the outer skin off to make the stems more edible. Steam the broccoli until crunchy-tender and bright green. Drain and chop fine.

Cut potatoes in half and scoop out the insides into a bowl. Add the salt, olive oil and just enough rice or soy milk to allow you to mash the potatoes into a smooth paste. Add the Parmesan cheese and the chopped broccoli and mix well. Pile the mixture back into the potato shells, arrange on a baking dish and heat them to desired temperature.

Nutritional Information: Per serving: 136 calories, 4 g total fat (1 g sat), 2 mg cholesterol, 24 g carbohydrate, 5 g protein, 4 g fiber, 250 mg sodium, 6 Servings