

## Garden Stuffed Potatoes

### Ingredients:

2 large Russet baking potatoes

1 to 2 green onions (the white and part of the green),  
finely chopped

1/4 cup nonfat or light sour cream

1 tablespoon whipped butter

Black pepper to taste

1/2 teaspoon parsley flakes

1/2 teaspoon Italian herb blend

1/2 cup reduced-fat, shredded sharp cheddar cheese

3 tablespoons shredded Parmesan cheese

1 teaspoon minced garlic (or 1/4 teaspoon garlic powder)

1 cup cooked, chopped broccoli florets

### Preparation:

1. Microwave or oven-bake potatoes until tender (don't forget to stab with a fork a few times before cooking). Meanwhile, in a medium-sized bowl, mix together the remaining ingredients (except broccoli) with a fork. 2. Carefully cut potatoes in half and scoop out the center, leaving about 1/2 inch of potato around the skin. Add the scooped-out potato and the broccoli pieces to the mixture in the bowl. Mix with fork, then spoon into potato halves. 3. Microwave each potato half on HIGH for about 1 minute or broil all the potato halves until lightly brown on top.

Yield: 4 servings @ 4 points, 5 points plus save additional points with using spray butter  
Nutritional Information: Per serving: 205 calories, 10 g protein, 32 g carbohydrate, 5 g fat, 3 g saturated fat. 15 mg cholesterol, 4 g fiber, 150 mg sodium.

