

# Veggie-Topped Baked Potato

Serves 4

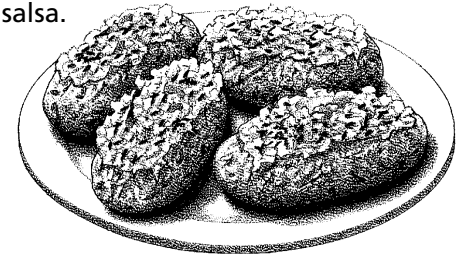
- 4 potatoes, scrubbed
- 1 cup cooked fresh or frozen broccoli, chopped or other cooked vegetables
- 8 tablespoons of reduced-fat cheese dip or salsa

## OVEN METHOD:

1. Wash potato by scrubbing with a clean, soft sponge or brush. Cut off any bad spots.
2. Pierce potato in several places with knife. Set whole potato on an oven rack or baking sheet. Bake at 400°F until tender for 45 to 60 minutes.
3. Cut an X on the top of the potato, and fill with cooked vegetables.
4. Cover with cheese or salsa.

## MICROWAVE METHOD:

1. Wash potato by scrubbing with a clean, soft sponge or brush. Cut off any bad spots.
2. Pierce the potato in several places with knife. Place potato in a microwave-safe baking dish. Cook on high until tender for 3 to 4 minutes. Let stand for another 2-3 minutes to distribute heat.
3. Cut an X on the top of the potato, and fill with cooked vegetables.
4. Cover with cheese or salsa.



## Nutrition Facts:

Serving size (served with cheese dip): 1 potato; Calories: 190; Fruits and Vegetables: 2½ servings; Fat: 3 g; Fiber: 4 g



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