

Twice Baked Potatoes

Just Say *Yes* to Fruits and
Vegetables

This lighter spin on a classic dish is a year-round crowd pleaser!



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Serves 6 • Serving: ½ potato

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Potatoes contain potassium, which is good for a healthy heart!

Ingredients:

- 3 potatoes
- 2 tablespoons canola or vegetable oil
- ½ cup low fat milk
- ¼ cup light sour cream
- ¾ cup low fat shredded cheddar cheese
- Salt and pepper, to taste

Directions:

1. Preheat oven to 350°F.
2. Spray a medium baking pan with non-fat cooking spray.
3. Pierce potatoes with a fork and bake in the oven for 45 minutes.
4. Let potatoes cool and then cut lengthwise.
5. Scoop out the middle and place in a medium bowl. Save the skins.
6. In the medium bowl, add oil, milk, sour cream, and ¼ cup of the cheese. Mix until smooth.
7. Fill skins with the potato mixture and top with the remaining cheese.
8. Place filled potato skins on baking pan. Bake uncovered for 15 minutes until hot and the cheese is melted. Serve hot and enjoy!
9. Refrigerate leftovers.

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