

Twice-Baked Spinach Potatoes

You can also cook the potatoes in the microwave by piercing them with a fork and arranging them on paper towels. Microwave at HIGH 16 minutes or until done, turning and rearranging potatoes after 8 minutes. Let stand 5 minutes.

Ingredients:

- 3 lg baking potatoes (about 12 oz each)
- ½ cup 1% low-fat milk
- ½ cup tub-style light cream cheese (about 4 ounces)
- 1 ¾ cups (7 ounces) shredded reduced-fat sharp cheddar cheese, divided
- ¼ cup finely chopped onion
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 (10-oz) pkg frozen chopped spinach, thawed, drained, and squeezed dry
- Sliced green onions (optional)

Directions:

- Preheat oven to 400°.
- Pierce potatoes with a fork, and bake at 400° for 1 hour and 15 minutes or until tender. Cool. Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Mash pulp with a potato masher. Combine milk and cream cheese in a large bowl, and stir with a whisk. Add potato pulp, 1 cup cheddar cheese, onion, salt, pepper, and spinach; stir well. Spoon potato mixture into shells; sprinkle each half with 2 tablespoons cheddar cheese. Place stuffed potatoes on a baking sheet; bake at 400° for 15 minutes or until thoroughly heated. Garnish with green onions, if desired.

Yield: 6 servings

Nutritional Information: Calories 349 (26% from fat); FAT 10g; Iron 3.5mg; Cholesterol 34mg; Calcium 414mg; Carbohydrate 49g; Sodium 501mg; Protein 17.5g; Fiber 4.7g

Recipe Source: Cooking Light, OCTOBER 1998

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.