

## Broccoli Twice Baked Potatoes



### Ingredients:

- 6 medium potatoes
- 3 broccoli spears
- 1/4 cup low-fat milk
- 1 cup reduced-fat cheddar cheese, shredded, divided
- Salt and pepper to taste

### Instructions:

1. Preheat oven to 350 F.
2. Wash and scrub potatoes. Prick the skin with a fork in several places.
3. Bake for 30-60 minutes, until soft.
4. While potatoes are baking, steam broccoli just until tender and chop into small pieces.
5. Slice the potatoes in half. Scoop the insides into a bowl with the broccoli.
6. Add milk, 3/4 cup cheese, salt and pepper.
7. Mash together until the mixture is pale green with dark green flecks.
8. Put the potato mixture into the potato skins and sprinkle with remaining cheese.
9. Microwave to heat through.

Makes 6 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>