



Ingredients



Potato Stuffers

Adapted from *eatfresh.org*



1. 4 Potatoes Baking, Medium
2. 4 tablespoons Sour Cream

Directions



Yield: 4 servings **Serving size:** 1 potato



1. Wash potatoes and pierce 3 times with a fork or knife.
2. Microwave on microwave-safe plate on high for about 6 minutes.
3. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes.
4. When cooked, carefully cut potatoes open on the top.
5. Top each potato with one of the toppings listed under substitution tips and serve while hot. The ingredient amounts listed are on back of recipe under cooking tips are for one potato.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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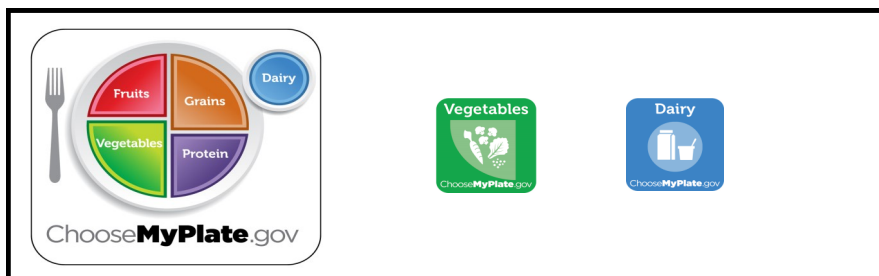
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Fast Facts



Featured Food Groups



Cooking Tips



Mexican Topping: 1/4 cup prepared salsa, 2 tablespoons shredded reduced fat Cheddar or Monterey Jack cheese, 1 tablespoon diced green chilies.

Western Topping: 2 tablespoons chopped tomato, 2 tablespoons finely chopped green bell pepper, 2 tablespoons shredded reduced fat Cheddar cheese, 1 tablespoon sliced green onions, 2 tablespoon bacon bits

Veggie Topping: 3 tablespoons chopped broccoli, 2 tablespoons chopped yellow squash, 2 tablespoons shredded reduced fat Cheddar cheese, 1 tablespoon sliced green onions

Nutrition Facts

Serving Size 1.00 piece
Serving Per Container 4

Amount Per Serving

Calories 208.77

	% Daily Value*
Total Fat 4.11 g	5%
Saturated Fat 1.8 g	9%
Sodium 20.71 mg	1%
Total Carbohydrate 40.12 g	15%
Dietary Fiber 2.8 g	10%

Protein 3.9 g

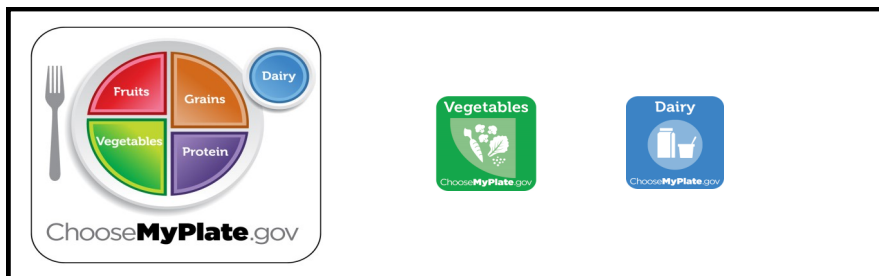
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Second Harvest is an equal opportunity provider.



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