

Twice Baked Potato Recipe

4 baking potatoes
1/4 cup egg substitute
4 tablespoons lowfat margarine
4 tablespoons low fat milk
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup fresh chopped chives
3/4 cup shredded lowfat cheddar cheese

Scrub potatoes, poke each with a fork and bake at 375 degrees about 1 hour. Cut a slice off the top of the baked potato. Carefully scoop potato pulp out of the shell and place in bowl. Mash potatoes and blend with the remaining ingredients except cheese. Fill potato shells with filling and bake another 20 minutes. Sprinkle with cheese and bake until cheese is melted.

Makes 4 Servings
Serving Size: 1 potato

Nutrients per serving:
Calories: 189
Total fat: 6 grams
Saturated fat: 2 grams
Cholesterol: 4 mg
Sodium: 429 mg
Carbohydrate: 22 grams
Protein: 10 grams
Dietary fiber: 2 grams