

# COUNT YOUR STEPS

## Spinach Stuffed Potatoes (makes 6 servings)

- 6 baking potatoes
- 1/4 cup sour cream, light
- 1/4 cup tofu, silken soft
- 1 10-oz pkg frozen spinach, thawed & drained
- 1/4 cup green onion
- 1/4 tsp pepper
- 1/2 cup grated lowfat cheddar cheese
- sprinkle of Mrs. Dash garlic & herb seasoning



Thaw the spinach before you cook this recipe! After they thaw, drain any extra water from the spinach. Preheat oven to 350°F. Wash and scrub potatoes. Bake the potatoes for 1 hour until tender and you can pierce them with a fork. Wash and chop the green onion until you get 1/4 cup onion. Put the sour cream, tofu, spinach, onion, pepper, and cheese in a mix bowl. Mix well. When the potatoes are baked, let them cool. Then use a spoon to scoop out the inside of the potato. Add the inside to the sour cream mix. Stir together. Stuff the potato skin shells with the mixture. Sprinkle the potatoes with the garlic and herb seasoning. Bake the potatoes for 20 - 25 minutes until they're a little brown.

Note: You can use part-skim mozzarella cheese in place of the lowfat cheddar cheese.

**Per serving:** Calories 90 (Calories from fat 20); Fat 2g (Sat Fat 1g); Cholesterol 5mg; Total Carbohydrate 11g; Sodium 115mg; Protein 8g; Dietary Fiber 6g, Sugars 3g.  
(Source: USDA.gov)

