

## **Cheesy Potatoes**

2 medium russet baking potatoes (1 pound)  
1/2 cup lowfat cheddar cheese, shredded  
3 tbsp. lowfat buttermilk  
1/4 cup green onion with top, finely chopped  
1/2 cup fat-free cottage cheese  
1/4 tsp. salt  
1 clove garlic  
1/8 tsp. black pepper, freshly ground paprika (optional)

Heat oven to 400°F. Scrub potatoes; prick in several places with a sharp knife. Bake until tender, about 50-60 minutes.

Slice potatoes in half lengthwise. Scoop out pulp, leaving 1/4" shell. Combine potato pulp, cheese, buttermilk, green onion, cottage cheese, salt, garlic, and pepper. If desired, sprinkle with paprika. Place in baking pan and bake 20 minutes or until heated through.

Microwave: Scrub potatoes; prick in several places with sharp knife. Place on paper towel; cook on high power 9-10 minutes or until tender, turning potatoes over once. Prepare potatoes as in steps 2 and 3 above. Place in shallow microwave-safe dish and cook on high power 3-4 minutes or until heated through, rotating dish once. Makes 4 servings.

Nutrition information per serving: calories 153; protein 10 grams; fat 3 grams; sodium 367 mg