



Veggie and Cheese Stuffed Potatoes

INGREDIENTS:

- 1 large potato
- 1 cup frozen California blend broccoli, cauliflower and carrots
- ¼ cup reduced-fat shredded cheddar cheese

DIRECTIONS:

1. Clean potato and pierce 3 or 4 times with a fork. Place in microwave on high for 4 to 5 minutes or until done; set aside.
2. Place frozen veggies in a microwave safe dish. Cover and cook for 6 to 8 minutes on high.
3. Split potato open and top with veggies. They will overflow but that's okay.
4. Sprinkle cheese on top and microwave for 1 minute or until cheese is melted.

You can also top with salsa, light sour cream or plain yogurt.

Source: Adapted from Lickety-Split Meals for Health Conscience People on the Go! / **Yield:** 1 large potato with vegetables and cheese (additional toppings not included) | 235 calories, 3g fat, 14g protein, 5g fiber, 280mg sodium