

Stuffed Baked Potatoes

Makes 4 Servings

Ingredients

4 medium russet potatoes
8 ounces extra lean ground turkey
1 cup broccoli florets chopped

1 cup water
3/4 cup reduced fat, shredded cheddar cheese
1/2 cup non- fat sour cream
1/2 tsp salt
1/2 tsp ground pepper

Directions:

1. Pierce potatoes all over with a fork.
2. Place in the microwave and cook on medium, turning twice, until potatoes are soft (about 15 minutes).
3. Meanwhile, brown meat in skillet over medium-high heat, about 3 minutes.
4. Drain and transfer to a large bowl.
5. Increase to high heat, add broccoli and water to the pan, cover and cook until tender (about 3-4 minutes).
6. Drain the broccoli and add to the meat.
7. Carefully cut off top third of the cooked potatoes, scoop out the insides and put into a medium bowls.
8. Place potato shells into a small baking dish. Add 1/2 cup cheddar cheese, sour cream, salt, and pepper to the potato insides and mash with a fork.
9. Add the potato mixture to the broccoli and meat; stir to combine.
10. Evenly divide the potato mixture among the potato shells and top with the remaining 1/2 cup of cheese.
11. Microwave on high and place potatoes under the broiler for about 2-4 minutes or until filling is hot and cheese is melted.

Family Conversation Starter:

What do you think about the latest news on _____?



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