

MAKEOVER TWICE-BAKED POTATOES

SOURCE: TASTE OF HOME'S LIGHT & TASTY PREMIERE ISSUE

Note ingredient & nutritional value changes, vis-à-vis original recipe!

Cook/Prep Time: less than 2 hours

INGREDIENTS:

6 large baking potatoes
2 TBS butter or stick margarine, softened
1 C 1% milk
1/4 lb turkey bacon (about 9 slices), diced/cooked
1 1/2 C (6 oz) shredded reduced-fat cheddar cheese, divided
2 TBS minced chives
1/2 tsp salt
Dash pepper

DIRECTIONS:

Bake potatoes 1 hour at 375° F, or till tender - cool - cut a thin slice off top of each potato and discard - scoop out pulp, leaving a thin shell. In bowl, mash pulp with butter - stir in milk, bacon, 1 C cheese, chives, salt & pepper - spoon into potato shells.

Place on un-greased baking sheet - bake 15-30 minutes at 375° F, or till heated through - sprinkle with remaining cheese - bake 2 more minutes or till cheese is melted - serve.

Servings: 6

[per serving: calories: 298; protein: 15g; carbohydrates: 36g; total fat: 10g; saturated fat: 5g; cholesterol: 37mg; sodium: 717mg; fiber:3g / Diabetic exchanges: 2 starch, 1 lean meat]