



Twice Baked Super Spuds

Makes 4 Servings

4 large russet potatoes (about 3 pounds)
1 tablespoon extra virgin olive oil
1 clove garlic, minced
One 6-ounce bag prewashed baby spinach (about 4 packed cups)
1/4 teaspoon onion powder
3/4 cup 1% low-fat milk
3/4 cup pre-shredded reduced-fat Cheddar cheese, divided
1/4 cup grated Parmesan cheese
2 tablespoons vegetarian-style bacon bits, divided
Salt and freshly ground black pepper
Reduced-fat sour cream, optional

1. Preheat the oven to 375F.
2. Wash the potatoes and prick them several times with a fork. Place them in the oven and bake until tender, about 1 hour 15 minutes. Remove from the oven, slice in half lengthwise and let cool for about 10 minutes.
3. While the potatoes are cooling, heat the oil in a large nonstick skillet or saucepan over medium heat. Add the garlic and sauté until golden, 30 seconds to 1 minute. Add the spinach and onion powder and cook, stirring frequently, until wilted, about 5 minutes.
4. Scoop out the insides of the potatoes, leaving a 1/4-inch rim of potato in the skins. In a large bowl, mash the potatoes with the milk, 1/2 cup Cheddar cheese, Parmesan cheese, and 1 tablespoon bacon bits. Stir in the cooked spinach. Season with salt and pepper to taste.
5. Place the potato skins onto a baking sheet and fill evenly with the potato mixture. Sprinkle with the remaining cheese and bacon bits. Bake for 15 minutes. Top with a dollop of reduced-fat sour cream as desired.

Nutrition Information per Serving: 430 calories, 10g fat (4g saturated), 370mg sodium, 71g carbohydrate, 7g fiber, 19g protein, 35% vitamin A, 45% vitamin C, 35% calcium, 25% iron

