



# Twice Baked potatoes

Food H & P: (serves 2)

2 russet potatoes

½ cup of cottage cheese

½ cup of sour cream

½ cup of cheddar cheese

1 Tbsp of butter

1 Tbsp of yellow mustard

1 tsp Worcestershire sauce

1 tsp salt

½ tsp pepper

1 tsp dried parsley

Food Rx:

Clean potatoes under running water with scrub brush and poke holes all around with fork. Place potatoes in microwave and cook in 2 minute intervals, assessing doneness, until cooked and very fork tender. It usually takes me about 8 minutes. Remove potatoes from microwave with hot pad and cut off a section of skin from the top to form an opening. Using a spoon, scoop out the cooked potato being careful not to go through the remaining skin. Add all of the ingredients to the potato filling, reserving 2 T of cheddar. Mix together and place back into the potato skin. Place reserved cheese on top of the potato. When ready to eat bake potatoes in a 350 degrees oven for 15 minutes or until heated through.