

# Wonderful Stuffed Potatoes

**Makes:** 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Potatoes, medium sized		50 each		100 each
Broccoli, cuts chopped, frozen or fresh, chopped	4- 10 oz bags		8- 10 oz bags	
Milk, 1% (can use reconstituted)		3 cup		1 1/2 qt
Cottage Cheese, low fat (1%)		9 cup		18 cup
Garlic powder		2 Tbsp		4 Tbsp
Dill weed		2 Tbsp		4 Tbsp
Hot pepper sauce		2 Tbsp		4 Tbsp
Parmesan cheese, grated		1/2 cup		1 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>193</b>	
Total Fat	1.1 g	
Protein	9.7 g	
Carbohydrates	37 g	
Dietary Fiber	3 g	
Saturated Fat	0.6 g	
Sodium	205.1 mg	

## Directions

1. Scrub potatoes clean. Prick and bake at 425°F for approximately 1 hour or until tender.
2. Cut potatoes in half lengthwise and scoop out leaving about ½ inch of potato inside. Mash pulp or run through food mill. Preheat oven to 375°F.
3. Steam broccoli cuts until tender. Add milk and cottage cheese to potatoes. Add steamed broccoli to mixture.
4. Mix in garlic powder and dill weed. Add hot pepper sauce.
5. Using a #6 scoop, place ¾ cup mashed vegetables back into potato shells and place on sheet pan lined with parchment paper.
6. Sprinkle each with Parmesan cheese.
7. Place potatoes in 375°F oven. Bake approximately 20 minutes until golden brown.
8. Serve one filled potato shell per person.