

# Stuffed Spud

**Makes:** 24 or 48 servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Potatoes (any type)	12		24	
Mixed vegetables, canned or frozen		4 cups		8 cups
Salsa		1 1/2 cups		3 cups
Cheddar cheese, shredded		1/2 cup		1 cup

## Directions

1. Poke holes in top of all potatoes.
2. Microwave potatoes (uncovered) for about 3 - 4 minutes on HIGH power.
3. Cut the potatoes in half.
4. Top each potato half with veggies, salsa and cheese. Microwave for 30 seconds to melt the cheese.

## Notes

Food For Thought: Putting vegetables on top of a potato gives a fun and appealing look to a meal. Choose any vegetables you like, or use up leftovers from a different meal.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>74</b>	
Total Fat	1 g	
Protein	2 g	
Carbohydrates	15 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	93 mg	