

# Spinach Stuffed Potatoes

Rating: ★★★★★

Makes: 6 servings

## Ingredients

- 6 potatoes (baking)
- 1/4 cup sour cream, light
- 1/4 cup tofu, silken soft
- 1 package spinach (10-ounce frozen, thawed and drained)
- 1/4 cup green onion
- 1/4 teaspoon pepper
- 1/2 cup cheddar cheese, low-fat (grated)
- 1 garlic and herb seasoning (example: Mrs. Dash)

## Directions

1. Thaw the spinach before you cook this recipe! After it thaws, drain any extra water from the spinach.
2. Preheat the oven to 350 degrees.
3. Wash and scrub the potatoes.
4. Bake the potatoes in for 1 hour till they're tender and you can pierce them with a fork.
5. Wash and chop the green onion until you get 1/4 cup onion.
6. Put the sour cream, tofu, spinach, onion, pepper and cheese in a mixing bowl. Mix well.
7. When the potatoes are baked, let them cool. Then use a spoon to scoop out the inside of the potato. Add the inside of the potato to the sour cream mix. Stir together.
8. Stuff the potato skin shells with the mixture.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>160</b>	
Total Fat	2 g	3%
Protein	8 g	
Carbohydrates	30 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	105 mg	4%

9. Sprinkle the potatoes with the garlic and herb seasoning.

10. Bake the potatoes for 20-25 minutes until they're a little brown.

## Notes

You can use part-skim mozzarella cheese in place of lowfat cheddar cheese.