

## Stuffed Baked Potatoes

4 baking potatoes, baked  
½ c. skim milk  
2 tablespoons fat-free margarine  
¼ c. low-fat cheddar cheese

Cut baked potatoes in half lengthwise. Scoop potato out of skin leaving shell intact. Mash potato pulp with milk and margarine. Stir in cheese. Refill potato shells with mixture and reheat briefly at 350 degrees until warm. 8 Servings.

### Per Serving:

Calories	136.7
Total Fat	1.38 g
Saturated Fat	0.04 g
Sodium	73.47 mg
Protein	4.85 g
Carbohydrate	26.47 g
Cholesterol	5.28 mg
Fiber	2.42 g