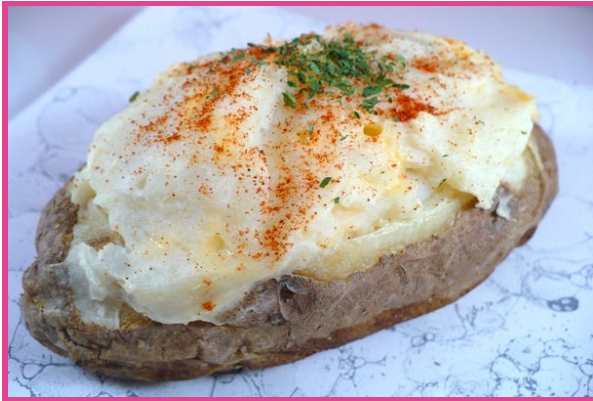




2-Good Twice-Baked Potato



1 potato: 226 calories, 0.5g total fat (0g sat. fat), 335mg sodium, 46g carbs, 5g fiber, 4g sugars, 9g protein

Prep: 5 minutes **Cook:** 40 minutes



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Ingredients

One 8-oz. baking potato
2 tbsp. fat-free liquid non-dairy creamer
1 slice fat-free American cheese
Optional seasonings: salt, black pepper, paprika, parsley

Directions

Preheat oven to 375 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Puncture potato in several places with a fork. Peel the skin off the top and place potato on a microwave-safe plate. Microwave for 6 minutes, or until soft.

Scoop out the insides and transfer to a small bowl. Set the empty potato "shell" aside.

Add creamer and cheese to the bowl, breaking the cheese into pieces. Thoroughly mash. Spoon mixture into the potato shell.

Place potato in the baking pan and bake until top has lightly browned, 20 to 30 minutes. Time to eat!

MAKES 1 SERVING

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