



Spinach & Artichoke Stuffed Potatoes



1/2 of recipe (1 stuffed potato): 247 calories, 7.5g total fat (4.5g sat fat), 479mg sodium, 34.5g carbs, 4g fiber, 2g sugars, 12.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 10 minutes



More: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#)

Ingredients

Two 8-oz. (medium) russet potatoes
2 cups roughly chopped spinach leaves
1/3 cup artichoke hearts packed in water, drained and chopped
1/3 cup shredded part-skim mozzarella cheese
2 tbsps. light/reduced-fat cream cheese
2 tsp. grated Parmesan cheese
1 1/2 tsp. chopped garlic
Dash each salt and black pepper

Directions

Peel a long 2-inch-wide strip of potato skin from the top of each potato. Pierce potatoes several times with a fork. Microwave for 5 minutes, or until soft.

In a microwave-safe bowl, microwave spinach for 1 minute, or until wilted.

Add chopped artichoke hearts, mozzarella, cream cheese, 1 tsp. Parm, garlic, salt, and pepper. Mix until uniform.

Carefully scoop out the insides of the potato. Discard half of the pulp (or reserve for another use).

Add remaining pulp to the bowl with the creamy spinach mixture. Mix well.

Scoop mixture into the potatoes. Microwave for 1 minute, or until hot.

Sprinkle with remaining 1 tsp. Parm.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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