



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

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



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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 tbsp. 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

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