

## Meaty Stuffed Potatoes (3 servings)

USDA Recipe Finder: <http://recipefinder.nal.usda.gov>; Originally from Kansas State University Extension; Fix It Fresh!

### **Ingredients:**

3 potatoes	¾ cups hot water
1 cup turkey or chicken, diced and cooked	¾ cups nonfat milk
1 cup broccoli (coarsely chopped)	1 Tbsp. flour
½ cup chopped onion	¼ teaspoon black pepper
½ cup thinly sliced carrot	½ cup cheese, shredded low fat

### **Directions:**

1. Scrub potatoes and remove any bad spots. Do not peel, cut each in half.
2. In a covered saucepan, boil potatoes in just enough water to cover the pieces, 15-20 minutes or until fork tender. Remove from heat and drain. Set aside.
3. In a separate skillet sprayed with nonstick cooking spray, combine cooked meat, broccoli, onion, carrots, and water. Boil until vegetables are fork tender, about 5 minutes. Reduce heat to low.
4. In a separate bowl, combine milk, flour, and pepper. Whisk together until well combined. Add to meat mixture and stir until well blended.
5. Stir in cheese and cook over low heat, about 5 minutes or until sauce thickens, stirring frequently.
6. To serve, place 2 potato halves on each plate and mash the middle. Spoon about 1/3 cup of meat mixture into each half. Cover and refrigerate leftovers within 2 hours.

**Nutrient content per serving : Calories: 280; Total fat: 3 g; Saturated fat: 1.5 g; Sodium: 200 mg; Total Carbohydrate: 38 g; Dietary Fiber:4 g; Protein: 25 g**

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