



Twice-Baked Cheesy Potatoes

Ingredients

Large 9 oz. red or Russet potato
2 slices 2% Kraft American cheese slices
1/4 cup whole milk yogurt
1/4 cup chunky mild salsa
1 Tbsp thick BBQ sauce, if desired

Nutrition Facts (per serving)

Calories	215
Fat (g)	3.5
Saturated Fat (g)	2
Cholesterol (mg)	14
Sodium (mg)	618
Carbohydrate (g)	35
Fiber (g)	3
Protein (g)	9
Calcium (mg)	316

Preparation

Bake potato until done. Slice lengthwise. Scoop out the flesh into a bowl and mix with yogurt, salsa, and BBQ sauce. Salt and pepper to taste. Put the potato mixture back into the skins and top each with a slice of cheese. Bake for 10 minutes on 250 or until the cheese is thoroughly melted.

Serves: 2

Serving Size: 1/2 Potato

