

Baked Potatoes Primavera

June 2024 Recipe

Makes: 4 servings



Ingredients

4 medium potatoes
4 cups frozen mixed vegetables
1 ¼ cups nonfat sour cream
½ tsp. dried oregano
½ tsp. dried basil
Black pepper (to taste)

Nutritional information for 1 serving

Calories	342
Total fat	0 g
Saturated fat	0 g
Cholesterol	7 mg
Sodium	189 mg
Carbohydrate	74 g
Dietary fiber	13 g
Total sugars	8 g
Added sugars included	0 g
Protein	12 g

Directions

- 1.** Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato.
- 2.** Steam mixed vegetables until hot.
- 3.** Mix the sour cream with the herbs and pepper.
- 4.** Split the potatoes in the center and fill with steamed veggies. Top with sour cream and serve hot.