

Twice-Baked Cheddar Potatoes

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Servings: 4

4 large russet potatoes, scrubbed
3 tablespoons olive oil
1 1/4 cups grated Cheddar cheese, divided
1 cup assorted mix-ins
Kosher salt
freshly ground pepper
ASSORTED MIX-INS
**** steamed broccoli*
**** sautee'd spinach*
**** steamed peas*
**** shredded rotisserie chicken*
**** cooked shrimp*
**** canned chili*
**** chopped white onion*
**** chopped sun-dried tomatoes*
**** chopped scallions*
**** diced ham or salami*
**** salsa*
**** diced tomatoes*
**** diced bell peppers*
**** sliced olives*
**** guacamole*
**** canned beans, drained*

Preparation Time: 25 minutes

Preheat the oven to 400 degrees.

Pierce each potato at least six times on the top with a paring knife. Drizzle the potatoes with one teaspoon of oil and use your hands to lightly coat each all over.. Put directly onto an oven rack (place a sheet of foil on the rack below to catch drips) and bake until the potatoes give when squeezed gently, about one hour.

Pierce each potato with a fork several times in a lengthwise line down the top center. Squeeze in the potatoes from both ends so that they burst open on top (wear oven mitts if the potatoes are too hot to touch). Let cool slightly, about 2 minutes or until you can handle the potatoes.

Carefully scrape the flesh from the potatoes into a bowl, leaving the skins intact. Fluff the flesh with a fork then stir in the remaining two tablespoons of oil, one cup of cheese and the desired assorted mix-ins. Season with salt and pepper.

Divide the filling among the potato skins, packing in the mixture. Top each potato with one tablespoon of cheese.

Return to the oven and bake until the potato is hot and the cheese is melted, 5 to 7 minutes.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 291 Calories; 22g Fat (67.0% calories from fat); 10g Protein; 14g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 224mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	291	Vitamin B6 (mg):	.2mg
% Calories from Fat:	67.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	18.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	22g	Folacin (mcg):	16mcg
Saturated Fat (g):	9g	Niacin (mg):	1mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	37mg	% Refused:	0.0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	10g	Lean Meat:	1
Sodium (mg):	224mg	Vegetable:	0
Potassium (mg):	442mg	Fruit:	0
Calcium (mg):	261mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	15mg		
Vitamin A (i.u.):	375IU		
Vitamin A (r.e.):	112 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 291 **Calories from Fat:** 195

% Daily Values*

Total Fat 22g	34%
Saturated Fat 9g	44%
Cholesterol 37mg	12%
Sodium 224mg	9%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	5%
Protein 10g	
Vitamin A	8%
Vitamin C	25%
Calcium	26%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.