

Twice Baked Potatoes

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Serves 6, 3 FSP per serving

- 3 baking potatoes, totaling 1 pound
 - 1/2 cup fat free, reduced sodium chicken broth
 - 4 oz Cabot 75% reduced fat cheddar cheese (shredded)
 - 1/3 cup green onions (sliced)
 - 1/4 cup fat free sour cream
 - 1 tsp dijon mustard
 - 1/4 tsp paprika
1. Heat oven to 400. Pierce potatoes in several places with the tip of a sharp knife. Bake 1 1/4 hours or until tender. Immediately cut potatoes in half lengthwise, scoop out the centers leaving a 1/4 inch thick shell.
 2. Beat potato pulp, broth, 1/2 of the cheese, onions, sour cream and mustard with mixer until well blended. Spoon into shells. Top with remaining cheese and paprika.
 3. Bake at 400 for 20 minutes.
 4. ***These can be frozen! Freeze before you bake. Thaw and bake at 400 for 20 minutes or until heated through.***