Best Twice-Baked Potatoes

- 4 (8 oz.) russet potatoes
- 2 Tbsps. butter or margarine
- 1/2 cup low-fat sour cream
- 2/3 cup shredded sharp Cheddar Cheese
- 1/2 cup low-fat buttermilk
- 3 small green onions, thinly sliced or chopped
- Salt and pepper to taste
- Paprika to taste

Recipe is taken from the
Living Well More Than A Cookbook

Preheat oven to 400°. Wrap the potatoes in foil. Bake for 1 hour. Let stand until cool enough to handle.

Preheat the broiler. Unwrap the potatoes and cut into halves lengthwise. Scoop out the potatoes into a bowl, leaving a 1/8– to 1/4-inch shell. Arrange the potato shells on a baking sheet. Add the butter, sour cream, cheese, buttermilk, green onions, salt and pepper to the potatoes and mash well. Mound into the potato shells. Sprinkle with paprika. Broil for 10 to 15 minutes or until light brown and heated through. Cool for 10 minutes.

Note: These may be prepared in advance and frozen. Prepare the filled potato shells and place on a baking sheet. Cover lightly and freeze until firm. Remove the frozen potatoes from the baking sheet and place in a freezer bag or container and seal tightly. Store in the freezer. To serve, place the potatoes on a microwave-safe plate. Microwave on High for 2 to 3 minutes per potato or until heated through.

Per Serving: 233 calories; 7 g. Protein; 35 g Carbohydrates; 07 g. Total Fat; 28% Calories from Fat; 23 mg Cholesterol; 3 g Fiber, 131 mg Sodium, 3 g Sugar