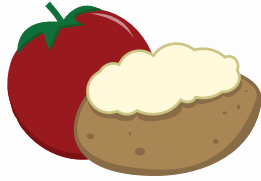
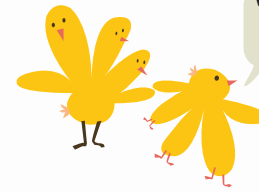


Veggies



Monster Spuds



Veggies
for
two!

Ingredients:

- 1 medium baking potato
- 1 large tomato
- 1 Tbsp ketchup
- 1/4 cup low-fat cheddar cheese

Nutrition:

Recipe makes 2 servings
Each serving counts as 1 vegetable

Safety:

Keep your fingers curled under when using the knife. Use oven mitts when using microwave.

Directions:

1. Wash potato and pierce all over with fork.
2. On microwave-safe plate, microwave on HIGH for 3 minutes.
3. Turn over and microwave for 3 minutes.
4. Remove potato with oven mitts and let cool.
5. Chop tomato into bite-sized pieces.
6. Add tomato piece and ketchup to mixing bowl.
7. Cut cooled potato lengthwise down center.
8. Scoop out inside of potato with spoon and add to mixing bowl. Stir.
9. Put half of mixture into each potato skin.
10. Sprinkle each half with cheese and microwave on HIGH for 1 minute.
11. Place each half on a serving plate. Enjoy!

from the kitchen of
Playnormous

Recipe approved by the Children's Nutrition Research Center at Baylor College of Medicine

