

RECIPE

Potato Pal

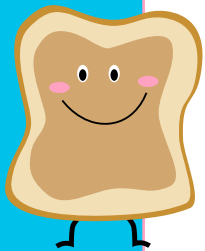
Start to Finish: 1 hour Servings: 2

Ingredients:

- 1 large baking potato
- 1 cherry tomato
- 4 peas
- 2 tablespoons low-fat shredded cheddar cheese

Directions:

1. Preheat oven to 425 F. Prick the potato with a fork.
2. Bake potato for about an hour or until a fork will easily go through the potato.
3. Cut the cooked potato in half longways. Slice the cherry tomato in half.
4. Top each half of the potato with 2 peas for eyes, half of a cherry tomato for a nose and 1 tablespoon of low-fat shredded cheddar cheese as a smile.



Nutrition Information Per Serving:

176.5 Calories; 1 g Total Fat; 0.5 g Saturated Fat; 3 mg Cholesterol; 4.5 g Fiber; 101 mg Sodium; 34.5 g Carbohydrates; 3 g Sugar; 8 g Protein