

Russet Potatoes-Ham Stuffed Potatoes

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| 2 | large baking potatoes | 1/4 | cup low-fat shredded cheddar cheese |
| | olive oil | 1/4 | cup milk |
| 1 | egg-separated | 1/4 | teaspoon salt |
| 1/2 | cup Canadian bacon-chopped | 1/4 | teaspoon pepper |

Pre-heat oven to 400 degrees. Scrub potatoes and dry. Rub with olive oil and place on baking sheet. Bake in oven for approximately 1 hour or until done.

Pre-heat oven to 450 degrees. Allow to cool. Slice top on each potato and scoop out pulp, leaving shells intact. Place pulp in medium size bowl. In small bowl, combine egg yolk, bacon, cheddar cheese, milk, salt and pepper. Mix well and stir into potato pulp. In another bowl, add egg white and beat until stiff peaks form. Fold these into the potato mixture. Fill each of the potato shells and bake for 10-15 minutes or until light brown.

Serves 2



Have your parent cut out the recipe on the dotted line.



RACE MAZE

Help Lightning McQueen race to the healthy snacks.

Ready, Set, GO! →

Finish Line

Remember to eat at least 3 to 5 cups of fruits and vegetables everyday.*

