Baked Potato Primavera

**Ingredients:**
- 4 medium potatoes
- 2 cups frozen mixed vegetables
- 8 ounces nonfat sour cream
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Black pepper to taste

**Equipment:**
- Fork
- Knife
- Medium bowl
- Small bowl
- Measuring cup
- Measuring Spoons

**Number of Servings:** 4  
**Prep Time:** 15 minutes  
**Total Time:** 15 minutes

**Directions**
1. Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato. When done, take potatoes out of microwave oven, place in bowl and cover in towel to keep warm.
2. Place frozen vegetables in microwave and cook on high for 8 minutes or until done, stirring once.
3. While vegetables are cooking, mix the sour cream with the herbs and pepper. Set aside.
4. Split the potatoes in the center and fill with steamed veggies. Top with seasoned sour cream and serve hot.