

## 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.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and  
 follow us on Twitter  
[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1 heaping baked potato  
 Servings: 4

Amount Per Serving		Calories from Fat 9
		%Daily Value*
Calories	190	
Total Fat	1g	1%
Saturated Fat	trace 1g	1%
Cholesterol	6mg	2%
Sodium	88mg	4%
Total Carbohydrate	40g	13%
Dietary Fiber	6g	23%
Protein	9g	19%
Vitamin A	105%	Vitamin C 45%
Iron	11%	Calcium 11%

\*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.