

## Baked Potato Primavera (Makes 4 servings)

This combo recipe is a meal in one since it contains a carbohydrate/starch serving (potato), a protein (cottage cheese) and vegetables.

4 medium baking potatoes

4 cups mixed frozen vegetables (anything but corn and peas)

2 cups low-fat cottage cheese

½ teaspoon dried basil

½ teaspoon dried oregano

Black pepper to taste

Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato. Steam the mixed vegetables. Mix cottage cheese with oregano, basil and pepper.

Split baked potatoes and top with cottage cheese mixture. Return to microwave for about 1 minute per potato to melt the cottage cheese. Top with vegetables and serve hot.



## **Nutrition Information**

Per serving: Calories: 230; Fat: 1.5 gm; Saturated Fat: 0.8 gm; Carbohydrate: 41 gm; Sodium: 493 mg; Fiber: 6 gm

*For more information about UW Health Heart, Vascular and Thoracic Care please visit [uwhealth.org/heartandvascular](https://www.uwhealth.org/heartandvascular).  
For additional healthy recipes, please visit [uwhealth.org/recipes](https://www.uwhealth.org/recipes).*

