

# Baked Potatoes Primavera

A simple primavera sauce mixed with frozen vegetables takes baked potatoes to a new level.

Makes: 4 servings

Prep Time: 5 minutes  
Cook Time: 8 minutes

Source: [www.myplate.gov](http://www.myplate.gov)

## Ingredients

- 4 potatoes (medium)
- 4 cups mixed vegetables (frozen)
- 1 1/4 cups sour cream, non-fat
- 1/2 teaspoon oregano (dried)
- 1/2 teaspoon basil (dried)
- black pepper (to taste)

## Directions

1. Pierce each potato several times with a fork.  
Microwave on high until tender, about 3-4 minutes per potato.
2. Steam mixed vegetables until hot.
3. Mix the sour cream with the herbs and pepper.
4. Split the potatoes in the center and fill with steamed veggies. Top with sour cream.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 potato - 1/4 of topping

Nutrients	Amount
Calories:	342
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	7 mg
Sodium:	189 mg
Total Carbohydrates:	74 g
Dietary Fiber:	13 g
Total Sugars:	8 g
Added Sugars:	0 g
Protein	12 g

## Utensils Needed

- Fork
- Measuring Spoons
- Measuring Cups
- Mixing Spoon
- Bowl

# SHOPPING LIST

Average total cost without oil and seasonings: \$6.09

Average cost/serving: \$1.52

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Mixed Frozen Vegetables, 32 oz.



Add 1 to Cart  
Fresh Potatoes, 5 lb bag



Add 1 to Cart  
Light Sour Cream, 8 oz.

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve hot. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Extra mixed vegetables can be used in any soup, stew, or casserole to add more flavor and vitamins! Check out [www.snapedny.org](http://www.snapedny.org) for recipe inspiration and ideas!
- Store potatoes in a cool dry place, like in the cabinet of a pantry, in a paper bag or cardboard box.
- Sour cream can be used to top a chili, taco, or even added into a stroganoff!