

EASY PEASY

Stuffed Baked Potato

Serves 1 Time to make: 35 minutes

- 1 medium potato (150g)
- Small can of tuna in water
- 1 stick finely chopped celery
- 2 tablespoons cooked peas
- ¼ cup grated low fat cheese

Nutrients Per Serve	
Energy	286 Cals
Protein	28g
Total Fat	9.2g
Carbohydrates	22.2g or 1.5 CHO Exchange

Method

Wash and prick potato.

Cook in microwave for 5 minutes.

Transfer to hot oven (180C) for a further 20 minutes, till easily pierced with a fork.

Remove, split potato in half and scoop out flesh leaving shell.

Mix potato, tuna & celery together.

Fill potato shell with this mixture and top with grated cheese and peas.

Return to oven till cheese melts.

