

Country Ham & Cheese Loaded Potatoes

Southern Living Test Kitchen

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Servings: 6

3 large baking potatoes

2 teaspoons vegetable oil

2 teaspoons Kosher salt

1 teaspoon vegetable oil

1/2 cup country ham or Canadian bacon, chopped

1/2 cup (2 ounces) 2% reduced-fat Cheddar cheese, shredded

1/4 cup light sour cream

3 tablespoons fresh chives, chopped

Preheat the oven to 400 degrees.

Drizzle the potatoes with vegetable oil. Rub with the Kosher salt. Place the potatoes on a 15x10-inch jelly roll pan. Pierce the potatoes several times with a fork.

Bake for one hour or until tender. Cut the potatoes in half lengthwise.

In a small skillet, heat the vegetable oil over medium heat. Cook the ham for 5 to 7 minutes or until browned, stirring often.

Divide the ham, cheese, sour cream and chives over the potatoes.

Per Serving (excluding unknown items): 97 Calories; 3g Fat (23.2% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 635mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.