

Ham Stuffed Potatoes

Marilyn Senty - Independence, WI
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Yield: 3 to 4 servings

6 large baking potatoes
3/4 cup diced ham
1/4 cup chopped green pepper
2 tablespoons finely chopped onion
1 1/4 cups sour cream
1/2 cup Swiss cheese, finely shredded

Preparation Time: 15 minutes**Bake Time: 1 hour 20 minutes**

Bake the potatoes in a 400 degree oven for one hour. When the baking is completed, cut off the tops. Scoop out the hot potato into a bowl with a spoon. Break up the potato flesh but do not mash.

In a bowl, combine the ham, pepper and onion. Add enough sour cream to moisten the filling.

Place the filling into the potato shells. Place the shells on a baking sheet. Top with the Swiss cheese.

Bake in the oven at 400 degrees for 15 to 20 minutes until golden.

Best when served with a salad.

Per Serving (excluding unknown items): 1719 Calories; 77g Fat (39.5% calories from fat); 49g Protein; 217g Carbohydrate; 19g Dietary Fiber; 180mg Cholesterol; 368mg Sodium. Exchanges: 13 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 14 Fat.