

Ham Stuffed Potatoes

Ruth Bakalar

The Complete Potato Cookbook

2 lbs (6 medium or 3 large) baking potatoes

2 tablespoons butter

2 tablespoons onion, minced

1/4 pound cooked ham, minced

1/3 cup milk

salt and pepper to taste

grated cheddar cheese for garnish

Preheat oven to 400 degrees.

Place potatoes on a baking sheet, place in oven and bake until done, approximately 1 hour. When done, cut a slice from flat side of medium potatoes or split large ones lengthwise. Scoop out pulp into a bowl, leaving a thin shell.

Mash the potato pulp with butter and onion. Add ham to mixture; mix well. Gradually add milk, using just enough to make a light, fluffy mixture. Add salt and pepper.

Place mixture into potato shells. Sprinkle top of potatoes with grated cheese.

Return potato shells to oven and bake until top is browned and potatoes are very hot.

Per Serving (excluding unknown items): 753 Calories; 38g Fat (44.7% calories from fat); 30g Protein; 75g Carbohydrate; 6g Dietary Fiber; 137mg Cholesterol; 1788mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.