

Tuna Stuffed Potato

- 1 baked potato
- 1 3-ounce can water-packed chunk light tuna
- 1 stalk celery, chopped
- 1 tablespoon chopped onion
- 1 tablespoon non-fat cottage cheese or feta
- 1 tablespoons plain, non-fat yogurt
- 1 teaspoon dijon or other mustard

Scoop out the potato meat and mix it with the other ingredients. Stuff back into the potato skins. Bake at 375° F for 15-20 minutes, until crisp on top. Serves 1.

I prefer oven-baked to microwaved potatoes. If you keep potatoes on hand, you can bake a few when you're baking something else. Then this becomes a fast, easy solution to what to make for lunch or dinner. You can mix leftover vegetables or chicken with potatoes for stuffing as easily as tuna. Canned baby peas also work well. When I have no feta or cottage cheese in the fridge, I sprinkle with a tablespoon grated Parmesan.