4 medium russet potatoes
8 ounces lean ground turkey
1 cup broccoli florets, chopped
1 cup water
1 cup shredded, reduced fat cheddar cheese
1/2 cups reduced fat sour cream
1 teaspoon salt
1/2 teaspoon pepper

Pierce potatoes all over with a fork. Place in the microwave and cook on medium, turning twice, until potatoes are soft (about 15 minutes). Meanwhile, brown meat in skillet over medium-high heat, about 3 minutes. Drain and transfer to a large bowl. Increase to high heat, add broccoli and water to the pan, cover and cook until tender (about 3-4 minutes). Drain the broccoli and add to the meat.

Carefully cut off top third of the cooked potatoes, scoop out the insides and put into a medium bowl. Place potato shells into a small baking dish. Add 1/2 cup cheddar cheese, sour cream, salt, and pepper to the potato insides and mash with a fork.

Add the potato mixture to the broccoli and meat; stir to combine. Evenly divide the potato mixture among the potato shells and top with the remaining 1/2 cup of cheese. Microwave on high or place potatoes under the broiler for about 2-4 minutes or until filling is hot and cheese is melted.

Preparation Time: 30 minutes
Cook Time: 5-10 minutes
Serves: 4
Cost per serving: $1.98

Nutrition facts per serving:
Calories: 274
Total Fat: 10 g
Cholesterol: 52 mg
Sodium: 514 mg
Total Carbohydrate: 24 g
Protein: 9 g
Fiber: 2 g

Serve with: Baked pita chips or baked tortilla chips