

Twice Baked Potatoes

By Mary McDougall

From the cookbook *The McDougall Program for Maximum Weight Loss*.

Serves: 4

Prep Time: 5 min

Cook Time: 60 min



Ingredients

- 2** Large baking potatoes
- 1** Scallion, chopped
- 2 Tbsp** Water
- 1 Tbsp** Fresh chopped parsley
- Paprika
- Freshly ground pepper

Directions

- 1 Preheat the oven to 425F.
- 2 Scrub the potatoes and prick in several places with a fork. Bake until tender, 1 to 1 1/4 hours or in the microwave on high powered for 15 minutes, turning once. Reduce the oven to 400F.

- 3 Cut a thin slice off each potato lengthwise. Carefully scoop out the insides of the potatoes and place in a bowl. Add the scallion, water, and parsley and mash until smooth.
- 4 Spoon the mixture back into the potato shells. Sprinkle paprika and pepper over-the-top. Place on baking sheet and bake for 15 minutes.