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.