



## TASTY TUNA TATERS

Intermediate Lifestyle

### Ingredients

2 medium baking potatoes  
1 package (10 oz.) frozen broccoli, thawed  
1 can (6 oz.) albacore tuna in water, drained  
4 TBS low-fat shredded Cheddar cheese

### Instructions

1. Prick the potatoes with a fork, and microwave on high for 8 minutes.
2. Microwave the broccoli on high for 4 minutes, then add the tuna.
3. Cut the potatoes lengthwise. Divide the tuna-broccoli mixture between them, and microwave on high for 1-1/2 minutes.
4. Top each with 2 TBS of the cheese.

### Portion-Per-Serving Information (Serves 4):

Serving = 1 potato = ½ PR, 1 V, ½ M, 1 GR