

# Tuna Stuffed Potato

*These stuffed potatoes are great as a side dish. They are filling and full of protein so you can even make this your main dish.*

Recipe Type: Appetizer, Fish, Main Dish, Side Dish, Snack

Degree of Difficulty: Moderately difficult

## Ingredients

1 Baking potatoes  
1 can Tuna, chunk white (6 oz), packed in water  
2 tsp margarine, reduced fat  
¼ cup onion finely chopped  
2 tsp flour, divided  
½ cup Yogurt, plain non fat  
2 oz cheddar cheese (reduced fat), shredded  
2 Tbsp pimienta chopped  
½ tsp salt  
dash pepper and paprika



## Directions

- 1 Preheat oven to 350 degrees.
- 2 Using a non-stick baking sheet, place potato halves cut-side down.
- 3 Bake until tender but not soft (about 20 - 25 minutes).
- 4 Remove from oven and let cool.
- 5 Scoop out insides of each potato half, leaving ¼ inch thick shell.
- 6 Place potato scoopings in food processor or blender.
- 7 Add tuna and pulse mix potato and tuna until finely ground (do not puree). Set aside.
- 8 In a skillet, sauté onions in margarine. Add ½ the flour and stir quickly to combine. Continue cooking for about 1 minute.
- 9 In small bowl, stir yogurt until smooth. Add remaining flour and stir.
- 10 Put yogurt mixture in skillet and stir in 1 ounce cheese, pimienta, salt, pepper, paprika and tuna mixture.
- 11 Spoon half of tuna mixture into each potato shell. Sprinkle each potato half with remaining cheese.
- 12 Bake at 350°F until cheese is melted and potato is heated (about 10 to 15 minutes).

## Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hour

## Nutrition Facts

Nutrition (per serving): 299 calories, 7g total fat, 2.8g saturated fat, 45.4mg cholesterol, 1160.1mg sodium, 25.2g carbohydrates, 2.5g fiber, 1.7g sugar, 32.7g protein.

Servings: 2

## Weight Watchers Points

Note: The tuna and plain non-fat yogurt was not used to calculate the FreeStyle SmartPoints

Orig. WW Pts: 6

Points Plus: 7

Smart Points: 7

FreeStyle Smart Points: 4

**Tips**

You can speed up the process of this recipe by micro-waving the potato halves for about 10 minutes. Then place in the oven for about 5 minutes to crisp up the skins.