**Broccoli Cheese Baked Potato**

4 russet potatoes  
10 oz. frozen broccoli florets  
3 Tablespoons margarine  
3 Tablespoons all-purpose flour  
3 cups non-fat milk  
¼ teaspoon garlic powder  
6 oz. medium cheddar cheese, shredded

Preheat oven to 400°F. Scrub potatoes under running water and pat dry with a paper towel. Prick potatoes with a fork in several places to allow steam to escape. Bake potatoes on oven rack for 50 to 60 minutes. Prepare cheese sauce when there is about 20 minutes left of baking time. Melt margarine over medium low heat in a medium saucepan. Add flour and stir. Gradually pour in milk, whisking so there are no lumps. Bring the mixture to a simmer, stirring until slightly thickened. Whisk in garlic powder and cheese, stirring until cheese is melted. Prepare broccoli in the microwave according to package instructions. When the potatoes are finished baking, cut each open and slightly mash the inside with a fork. Spoon broccoli into each potato half and ladle cheese sauce over the top. Serve immediately.

Yield: 8 servings, ½ potato each

**Nutrition Facts** (per serving): 320 calories, 12 grams fat, 250 milligrams sodium, 42 grams carbohydrate, 4 grams fiber, 13 grams protein