Week 5:

Asparagus and Ham Stuffed Potatoes (makes 4 servings)

Ingredients:

4 medium russet potatoes (about 8 ounces each)
½ bunch of asparagus, trimmed and cut into half inch pieces
1 cup diced ham
½ cup reduced-fat sour cream
1 cup shredded Swiss cheese (divided)
½ cup chopped fresh chives (divided)
Salt & Pepper to taste

Preparation:

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes.
2. Meanwhile, bring 2 inches of water to a boil in a large saucepan fitted with a steamer basket. Add asparagus, cover and steam until just tender, 2 to 3 minutes.
3. Combine the steamed asparagus with ham, sour cream, ½ cup Swiss cheese, 6 tablespoons chives, salt and pepper in a bowl. When the potatoes are cool enough to handle, cut off the top third, then gently scoop out the flesh; add to the bowl with the ham mixture and gently mash together.
4. Place the potato shells in a microwave-safe dish and evenly divide the ham mixture among them. (They will be very well stuffed.) Top each stuffed potato with 2 tablespoons of the remaining cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes. Garnish with the remaining chives.