

Baked Potatoes with Vegetarian Chili

This recipe makes eight servings (potato and 6 ounces chili topping)

8 large baking potatoes
1 1/3 cups sliced fresh mushrooms
1/2 cup chopped onion
1/3 cup chopped green pepper
1 clove garlic, minced
1 16oz. can kidney beans, drained and rinsed
1 14.5oz. can reduced-sodium stewed tomatoes, drained
1/4 teaspoon ground cumin
1/8 teaspoon whole oregano
1/8 teaspoon ground red pepper
1/8 teaspoon pepper
1/8 teaspoon hot sauce
1/2 cup shredded reduced-fat Monterey jack cheese
2 tablespoons sliced green onions

1. Wash potatoes and pierce several times with a fork.
2. Bake at 400 degrees for 1 hour or until soft.
3. Spray a large nonstick skillet with cooking spray and heat over medium heat until hot.
4. Add mushrooms, onion, green pepper and garlic, saute until tender.
5. Stir in beans and next 6 ingredients and cook over medium-low heat until heated through.
6. Cut a slit in each potato and squeeze ends with fingers to fluff pulp.
7. Spoon chili mixture evenly into potatoes and sprinkle with cheese.
8. Serve with fat-free sour cream if desired.