

## Potatoes Prima Vera

### Ingredients

- potatoes - 4, medium-sized
- frozen or fresh mixed veggies - 4 cups
- reduced fat sour cream - 1 and 1/4 cup (or fat-free Greek yogurt)
- oregano and basil - 1/2 teaspoon each (or 1 teaspoon Italian seasoning)
- salt and pepper - optional

### Instructions

1. Place veggies in a microwave safe bowl or dish with a loose cover.
2. Pierce each potato several times with a fork.
3. Microwave vegetables and potatoes together on high for 5 minutes, or until vegetables are hot. Remove vegetables from the microwave. Keep covered.
4. Continue to microwave the potatoes, until fully cooked (about 2-3 minutes more, per potato).
5. Mix the sour cream with the herbs, salt, and pepper.
6. Split the potatoes in the center and fill with steamed vegetables. Top with sour cream and serve hot.



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