



Lydia's Twice Baked Potato Recipe

Ingredients:

- 6 large potatoes (baking variety if possible)
- olive oil (optional)
- 1½ cups sour cream
- about ¾ cup milk
- 6 Tbsp butter
- ½ tsp salt
- freshly ground pepper (about ½ tsp)
- 1½ cups shredded Cheddar cheese

Instructions:

1. Preheat oven to 400° F.
2. Scrub potatoes and brush with olive oil if crispy skin is desired.
3. Bake for about 1 hour or until potatoes are tender when pierced with a knife.
4. Lower oven temperature to 350° F.
5. Remove potatoes from oven and let them cool for about 10 - 20 minutes.
6. Cut potatoes in half lengthwise. Scoop out the flesh into a large bowl, being careful not to break the skins (potato shells).
7. Into bowl with the potato flesh add sour cream, butter, salt, pepper and 1 cup cheese. Mix with hand mixer, slowly adding just enough milk to make the mixture creamy.
8. Spoon mixture back into the potato skins. Sprinkle remaining ½ cup of cheese on top.
9. Bake for a further 15 minutes or until cheese is bubbly.
10. Serves 6.

Hints:

- Use low-fat or no-fat sour cream if desired.
- Make them ahead early in the day. After sprinkling with the ½ cup of cheese, cover loosely with plastic wrap and put in fridge. Then, about ½ hour before serving time, place in a preheated 350° F. oven and bake until cheese is bubbly.