

Idaho Potato Supreme

- 1 1/2 cup fresh broccoli flowerlets
- 1/2 cup sliced fresh mushrooms
- 1/4 cup sliced green onion
- 1/4 cup chopped sweet red pepper
- 1 cup diced fully cooked turkey ham
- 4 large Idaho potatoes, baked
- 1/2 cup non-fat plain yogurt
- 1/4 cup skim milk
- 2 tbs. cornstarch
- 1 tsp. Dijon style mustard
- dash ground nutmeg
- 2 tbs. grated Parmesan cheese

In a 1-quart microwave-safe casserole combine broccoli, mushrooms, green onion, red pepper and 2 tablespoons water. Micro-cook covered, on 100% power (high) 3 to 5 minutes or until vegetables are tender. Drain well. Add turkey ham cook, covered, on high 2 to 3 minutes or until heated through. Stir together yogurt, milk, cornstarch, mustard and nutmeg. Add to broccoli mixture. Cook, covered, on high 2 to 4 minutes or until mixture is thickened, stirring every 30 seconds. Spoon over hot baked potatoes. Sprinkle with Parmesan cheese.