

## STUFFED POTATOES

### Ingredients for 4 people

<i>4 medium/big potatoes</i>	<i>100</i>
<i>50 grams of grated Parmesan cheese</i>	<i>200</i>
<i>150 grams of milk</i>	<i>100</i>
<i>75 grams of ham</i>	<i>300</i>
<i>50 grams of butter</i>	<i>100</i>
<i>salt and pepper</i>	
<i>total calories (about)</i>	<i>800</i>

### Preparation

Rinse the 8 potatoes, with the peel, after having made holes in them with a toothpick.

Lay them on a plate on some oven paper in a way where they will not touch each other.

Put them in the oven at the maximum power for 12 minutes. Turn them over so you make sure they will cook uniformly.

Cut them in two parts and make sure you leave enough stuff on the sides; put them in an oven dish, previously buttered.

Crush the inside stuff and put it in a pan with butter and minced ham, milk (sometimes less than indicated), salt and pepper.

Put the cheese (not all of it because you will need it later, too) and amalgamate well.

Fill the potatoes with the obtained compound and sprinkle with the cheese you left.

Make them cook in the oven at the maximum temperature till they are well colored.

Very good as side dish.