

# Hot wheels

Traffic light category: **Green**

Serves: 24

## Ingredients

- » 6 medium sized potatoes
- » 1 cup reduced fat shredded cheese
- » 3 finely chopped tomatoes
- » 50g finely chopped ham
- » ½ cup finely chopped capsicum (red)
- » ½ teaspoon basil
- » ½ tablespoon rosemary
- » 1 tablespoon olive oil

## Method

1. Preheat oven to 200°C
2. Slice potatoes 5mm thick
3. Place on baking tray and brush with olive oil
4. Sprinkle with choice of topping
5. Cover and bake for 15 minutes at 200°C
6. Uncover and bake for 10 minutes until crisp and brown.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	66g	100g
Energy	283kJ	426kJ
Protein	4.3g	6.5g
Total fat	3.4g	5g
Saturated fat	1.8g	2.7g
Carbohydrate	4.3g	6.5g
Sugars	0.8g	1.2g
Dietary fibre	0.8g	1.1g
Sodium	87mg	131mg