



Twice Baked Roasted Garlic Buttermilk Potatoes

This is a recipe that could become a weekly tradition at your house. The garlic and potatoes bake together at the same time, making the preparation simple and easy. Experiment by adding your favorite herbs if you wish. Make a double recipe of these tempting potatoes and freeze half for another meal.

Large bakers could be served as an entree when accompanied by a salad or other vegetable. Smaller baking potatoes work well if served as an accompaniment. Adjust nutritional information according to the size of potatoes used. You may also need to adjust the amount of buttermilk used to moisten the potato stuffing, so calculate that adjustment as well.

Ingredients	Per-Serving Nutritional Data
<ul style="list-style-type: none">• 6 large baking potatoes, or about 3 pounds of potatoes• 1 large head of garlic• non-stick cooking spray• 3/4 cup 1% milkfat buttermilk (may need more to moisten stuffing)• 1/4 teaspoon sea salt	<ul style="list-style-type: none">• Servings per recipe: 6• Per serving:• Calories: 225• Total Fat: 0.28g• Saturated Fat: 0.17g• Percentage of Calories from Fat: 1%• Cholesterol: 1mg• Sodium: 201mg• Carbohydrates: 50g• Protein: 5g

Preheat oven to 375 degrees. Wrap potatoes in foil and place on baking sheet. Cut only the very top of garlic head off to expose tips of cloves. Place head of garlic onto a piece of foil. Spray cut top of garlic with a touch of non-stick cooking spray, wrap and place onto baking sheet with potatoes. Place baking sheet onto middle rack of oven. Bake for 1 hour. Remove from oven. Allow to cool in foil until they can be easily handled, unwrap potatoes and garlic.