



Best-Ever Potato Skins



1/4th of recipe (2 loaded potato skins): 202 calories, 7.5g total fat (4g sat. fat), 295mg sodium, 23.5g carbs, 3.5g fiber, 2g sugars, 10g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

Four 10-oz. russet potatoes
3 slices center-cut bacon or turkey bacon
3/4 cup shredded reduced-fat cheddar cheese
1/4 cup chopped scallions
1/4 cup reduced-fat/light sour cream

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Pierce potatoes several times with a fork, and place on a microwave-safe plate. Microwave for 5 minutes, or until they begin to soften.

Flip potatoes and microwave for 5 to 8 minutes, until soft on all sides.

Cut potatoes in half lengthwise. Scoop out and discard the inside flesh, leaving about 1/4 inch inside the skin. Place the potato skins on the baking sheet.

Bake until crispy, 10 to 12 minutes. Remove sheet, but leave oven on.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Chop or crumble bacon. Evenly distribute cheese and bacon among potato skins. Bake until cheese has melted, about 2 minutes.

Sprinkle with scallions and serve with sour cream for dipping. YUM!

MAKES 4 SERVINGS

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