



Bacon Cheeseburger Potato Skins



1/4 of recipe (2 potato skins): 252 calories, 6.5g total fat (3g sat. fat), 362mg sodium, 28.5g carbs, 4g fiber, 1.5g sugars, 20g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

Four 10-oz. raw russet potatoes
8 oz. raw extra-lean ground beef (at least 95% lean)
2 tbsp. finely chopped onion
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
1 tbsp. yellow mustard, or more for topping
1/2 cup shredded reduced-fat cheddar cheese
2 tbsp. precooked real crumbled bacon
2 tbsp. chopped scallions
Optional toppings: chopped tomato, ketchup

Directions

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

Pierce potatoes several times with a fork, and place them on a microwave-safe plate. Microwave for 5 minutes, or until partly softened. Flip potatoes, and microwave for 5–8 minutes, until soft on all sides.

Cut potatoes in half lengthwise. Scoop out and discard the inside pulp (or reserve for another use), leaving about 1/4 inch inside the skin.

Place the potato skins on the baking sheet, and bake until crispy, 10–12 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5–7 minutes.

Remove skillet from heat. Add mustard, and mix well. Evenly distribute meat mixture among potato skins.

Top with cheese, bacon, and scallions.

MAKES 4 SERVINGS

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