



## Breakfast Potato Skins



1/2 of recipe (2 potato skins): 250 calories, 3.5g total fat (2g sat. fat), 534mg sodium, 33g carbs, 1.5g fiber, 1g sugars, 21g protein

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**Prep:** 10 minutes    **Cook:** 25 minutes

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### Ingredients

Two 10-oz. russet potatoes  
1/8 tsp. salt, or more to taste  
1/8 tsp. black pepper, or more to taste  
1 cup (about 8 large) egg whites or liquid egg substitute  
1/4 cup shredded reduced-fat cheddar cheese  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
2 tsp. precooked crumbled bacon  
Optional topping: chopped scallions

### Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Pierce potatoes several times with a fork. Microwave for 6 minutes, or until soft.

Slice potatoes in half lengthwise. Carefully scoop out the pulp, leaving about 1/4 inch inside the skin. Reserve potato pulp for another use.

Place potato skins on the baking sheet. Season with salt and pepper.

Bake until crispy, about 18 minutes.

Meanwhile, spray a microwave-safe bowl with nonstick spray. Add egg whites/substitute, cheese, garlic powder, and onion powder. Mix well. Microwave for 1 1/2 minutes. Gently stir. Microwave for 1 1/2 more minutes, or until fully cooked.

Stir eggs to scramble. Distribute the egg scramble among the potato skins.

Top with bacon.

**MAKES 2 SERVINGS**

**Make-Ahead Tip!** For fast & easy mornings, prepare the potato skins in advance, and store in an airtight container or bag in the fridge. Then just reheat your skins, scramble up your eggs, assemble, and devour!

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