



Mac Attack Potato Skins



1/4th of recipe (2 potato skins): 273 calories, 7.5g total fat (3g sat. fat), 429mg sodium, 31.5g carbs, 5g fiber, 3g sugars, 19.5g protein

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Prep: 15 minutes **Cook:** 25 minutes



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Ingredients

Sauce

2 tbsp. light Thousand Island dressing
1 tbsp. finely chopped onion
1/4 tsp. granulated white sugar (or 1/8 tsp. no-calorie sweetener)
1/4 tsp. white wine vinegar

Skins

Four 10-oz. raw russet potatoes
8 oz. raw extra-lean ground beef (at least 96% lean)
2 tbsp. finely chopped onion
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. each salt and black pepper
1 tbsp. yellow mustard, or more for topping
1/2 cup shredded reduced-fat cheddar cheese
1/2 cup shredded lettuce
8 hamburger dill pickle chips, chopped
1 tbsp. sesame seeds
Optional toppings: chopped tomato, ketchup

Directions

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

In a small bowl, thoroughly mix sauce ingredients.

Pierce potatoes several times with a fork, and place 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.

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, lettuce, pickles, sesame seeds, and sauce.

MAKES 4 SERVINGS

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