

Skinny Potato Skins – by Paula Hendricks, Nutrition Consultant

The dish you've been waiting for! This updated version of an old time favorite is just as good but much lower in carbohydrates. Serve as a meal with a side salad or make as an appetizer. Enjoy on the LCD or Maintenance Diet. Using meat, each potato serving contains approximately 30 grams of protein, 22 grams of net carbs and 12 grams of fat.



Ingredients Needed:

- 4 large Russet potatoes, Approximately 4-5 inches long
- 1.5 lbs lean ground beef, 4% fat
- 2 cups 2% reduced fat cheddar cheese, shredded
- One bunch green onions, chopped
- 8 slices thick-cut bacon
- 1 T. Beef & Burger Herb Seasoning
- Light sour cream
- Salt and pepper, to taste

Preparation: Rub washed potatoes with oil and sprinkle with salt, cover with aluminum foil and bake in oven at 450 degrees for at least one hour. They are done when you can squeeze the potato a little and it gives. Remove from oven, take the foil off, and let cool.



While potatoes are baking, cook the beef in a skillet with salt and pepper until done. Let cool. Pour it into a mixing bowl and add one cup of the cheese and half of the green onions. Toss.

While the beef is cooking, place the slices of bacon, 4 at a time, in the microwave and cook on high for about 5 minutes (depending on your microwave). I like to layer the bacon between 3 pieces of paper towels to absorb the grease when cooking. You want the bacon to be well cooked and slightly crispy. Let cool on paper towels. Chop the bacon into small pieces. Add half the bacon pieces to the meat mixture.



When potatoes have cooled, cut them in half on the long end and hollow out (as seen in picture above), discarding the inside of the potatoes. Place them in an oblong baking dish and fill each potato skin with the meat mixture. Sprinkle the remainder of cheese, green onions, and bacon on top.

Bake in oven for 20 minutes at 400 degrees. For the last 5 minutes, turn oven to broil to brown the tops. Serve warm with a dollop of sour cream.

Change it up: Use any kind of meat you like. Want just an appetizer or side dish? Don't add the ground beef.