

MINI TWICE BAKED POTATOES

Gluten Free, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving= 4 mini potatoes)

Nutrition (per serving)

Calories: 226

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 252 mg

Total Carbohydrate: 32 g

Dietary Fiber: 2 g

Protein: 9 g



Ingredients

- 24 baby Yukon gold potatoes (about 2 inches across)
- 1 Tablespoon extra virgin olive oil
- 1/8 teaspoon dried thyme
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 3 slices of cooked turkey bacon, crumbled
- 1/3 cup light sour cream
- 1/3 cup raw broccoli, finely chopped
- 1/3 cup red bell pepper, diced
- ½ cup shredded 2% milk cheddar cheese



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HEALTHCARE

Directions

1. Pre-heat oven to 425°F. Place potatoes in a large bowl and toss with olive oil, 1 teaspoon of dried thyme, and 1 dash of salt and pepper. Once evenly coated, space potatoes on a large baking sheet. Bake for 20-25 minutes, or until easily pierced with a toothpick.
2. Remove potatoes from oven. Cool for 10-15 minutes. Increase oven temperature to 450°F.
3. Once potatoes have cooled, gently slice off the top of each potato and use a small spoon or melon baller to hollow out each potato skin. Place potato filling into a medium sized bowl. Mash potato filling with a fork, combining it with sour cream, crumbled turkey bacon, broccoli, red bell pepper, a dash of thyme and a dash of salt and pepper. Mix evenly.
4. Using a small spoon, gently re-fill each hollow potato skin with the potato mixture. Each potato should mound slightly. Sprinkle each potato with shredded cheese.
5. Bake potatoes at 450°F for 8-10 minutes. Serve warm.