



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Love Your Spud! February is National Potato Lovers Month.



Though often mistakenly blamed for health problems, these miraculous tubers are packed with potassium, fiber, vitamin C and complex carbohydrates! Nutrients like these help with blood pressure and blood sugar control, plus immunity – to name a few benefits. The versatility of potatoes allows us to enjoy them any time of day in countless ways. On game days, put the spotlight on spuds and create party-worthy flavor combinations. These potato skins are tasty enough to serve as part of a snack board!

Skinnier Potato Skins

Ingredients:

- 4 small russet potatoes
- 2 Tbsps. olive oil
- 4 strips lower sodium turkey bacon
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1/2 cup reduced-fat shredded Colby Jack cheese
- 1/4 cup plain nonfat Greek yogurt
- 2 green onions, thinly sliced



Directions:

1. Preheat oven to 425°; spray rimmed baking pan with cooking spray. Place potatoes on prepared pan and pierce all over with a fork; bake 50 minutes or until tender. Cool slightly. **ALTERNATE COOKING METHOD:** Skins can also be cooked in an air fryer preheated to 400°. Rub potatoes with oil and pierce all over with a fork; air fry for 40 minutes or until tender.
2. In large skillet, heat 1 tablespoon oil over medium heat; add bacon and cook 5 minutes or until golden brown, stirring frequently. Transfer bacon to paper towel-lined plate.
3. Place oven rack 6 inches from source of heat; turn broiler to high. When potatoes are cool enough to handle, cut lengthwise in half; with a spoon, leaving about a 1/4-inch wall, scoop out inside portion (reserve for another use). Brush both sides of potato skins with remaining 1 tablespoon oil; place, cut side up, on same pan, and sprinkle with salt and pepper. Broil potato skins 5 minutes or until crisp.
4. Sprinkle skins with cheese; broil 1 minute or until cheese is melted. Serve skins topped with yogurt, onions, and bacon.

Flavor Variations:

Pizza Potato Skins - use shredded reduced fat Italian cheese blend and turkey pepperoni, and top with cherry tomatoes, pepperoncini rings and crushed red pepper flakes.

Cheesy-Bruschetta Potato Skins - use shredded reduced fat mozzarella cheese and top with halved cherry tomatoes tossed with olive oil, minced garlic, sliced fresh basil, salt and pepper.