

Twice-Baked Potatoes

Women's Day Magazine

Servings: 4

VARIATIONS:

CARAMELIZED ONION AND PANCETTA TWICE BAKED POTATOES

Replace the cup of chopped onion with 1 quartered and sliced large onion. Cook over medium-low heat for 20 minutes, stirring frequently. Stir in 1/4 cup diced pancetta and cook over medium heat for 5 minutes more or until onions are soft and golden brown. Add 1/2 cup shredded Gouda cheese, 2 teaspoons Dijon mustard and 1 teaspoon dried sage to mashed potato mixture and spoon into potato skins. Bake as directed above.

CHIPOTLE CHAYOTE TWICE BAKED POTATOES

Cook 1/4 cup each: black beans, fresh or frozen corn and diced chayote or zucchini squash with onions. Stir into mashed potato mixture with 1/2 cup reduced-fat shredded Mexican blend cheese and 1/3 cup chipotle salsa and spoon into potato skins. Bake as directed above and top with avocado slices and chopped fresh cilantro, if desired.

MEDITERRANEAN HUMMUS TWICE BAKED POTATOES

Stir 1/2 cup prepared hummus, 1/3 cup diced roasted red bell peppers and 1/2 teaspoon smoked paprika into mashed potato mixture and spoon into potato skins. Bake as directed above and top with slivered Kalamata olives, if desired.

SPINACH, CHEDDAR, BACON AND EGG TWICE BAKED POTATOES

Stir 1 cup chopped fresh spinach, 1/2 cup shredded reduced-fat sharp Cheddar cheese and 1/4 cup real bacon pieces into mashed potato mixture and spoon into potato skins. Bake as directed above and top each serving with a fried egg.

2 teaspoons butter spread

1 cup onion, chopped

4 (5-6 oz) russet potatoes

1/2 cup fat-free plain yogurt

1 teaspoon garlic salt

freshly ground pepper, to taste

Preheat oven to 425°F.

Melt spread in a medium skillet. Add onion and cook over medium heat in a skillet for 10 to 15 minutes or until soft and lightly browned.

While onions are cooking, place potatoes in a medium microwave-safe bowl and cover with plastic wrap. Make a small slit to vent, then microwave on HIGH for 10 minutes or until potatoes are soft when gently squeezed. Let cool slightly, then cut in half and carefully scoop out potato leaving a 1/4-inch shell.

Mash potatoes, then stir in cooked onion, yogurt, garlic salt and pepper. Place potato skins on a baking sheet and fill with mashed potato mixture.

Bake for 20 minutes or until tops are lightly browned.

Per Serving (excluding unknown items): 144 Calories; trace Fat (1.5% calories from fat); 5g Protein; 31g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 544mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 0 Other Carbohydrates.