ZESTY POTATO SKINS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 3 potato skins

Nutrition (per serving)

Calories: 64	Total Carbohydrate: 11 g
Total Fat: 0.5 g	Dietary Fiber: 1 g
Saturated Fat: 0 g	Protein: 4 g
Sodium: 125 mg	

Ingredients

6 medium red potatoes (about 1 ¼ pounds total), baked

Cooking spray

½ tsp garlic powder

½ tsp chili powder

½ tsp ground cumin

1/8 tsp pepper

8 ounces fat-free cottage cheese, undrained

½ tsp grated lime zest

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1 ½ Tbsp fresh lime juice

1 Tbsp green onions (green part only), finely chopped

¼ tsp chili powder

4 large black olives, each cut into 6 slices

Directions

1. Preheat oven to 450 degrees.
2. Cut each baked potato in half. Scoop out the centers, leaving about ¼ inch of potato around the inside. Cut each half in half. Lightly spray the pulp side with cooking spray.
3. In a small bowl, stir together the garlic powder, ½ tsp chili powder, the cumin, and pepper. Sprinkle on the pulp side. Place with the skin side down on a baking sheet. Bake for 15-20 minutes, or until lightly browned.
4. Meanwhile, in a food processor or blender, process the remaining ingredients except the olives until smooth. Spoon about 1 tsp mixture into each baked potato skin. Top each piece with an olive slice.

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