



Italian Potato Skins



1/2 of recipe (2 skins): 186 calories, 3.5g total fat (1.5g sat. fat), 335g sodium, 29g carbs, 3.5g fiber, 3.5g sugars, 10.5g protein

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Prep: 5 minutes **Cook:** 30 minutes



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Ingredients

Two 10-oz. baking potatoes
2 sticks light string cheese
1/3 cup low-fat marinara sauce

Seasonings

1/4 tsp. garlic powder
Optional: Italian seasoning

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Pierce potatoes several times with a fork. On a microwave-safe plate, microwave potatoes for 3 1/2 minutes.

Flip potatoes, and microwave for 3 1/2 more minutes, or until soft.

Once cool enough to handle, cut potatoes in half lengthwise. Use a spoon to gently scoop out the pulp, leaving about 1/4 inch inside the skin. Discard the potato pulp (or reserve for another use).

Place potato skins on the baking sheet. Bake until crispy, 12 - 15 minutes. Remove sheet, but leave oven on.

Meanwhile, break string cheese into thirds and place in a blender or food processor -- blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Evenly distribute sauce among potato skins. Sprinkle with garlic powder and, if you like, some Italian seasoning.

Sprinkle with shredded string cheese. Bake until cheese has melted, about 5 minutes. Mmmm!

MAKES 2 SERVINGS

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