



Sloppy Jane Potato Skins



Entire recipe: 321 calories, 5g total fat (2g sat. fat), 593mg sodium, 39g carbs, 6g fiber, 6g sugars, 28.5g protein

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Prep: 5 minutes **Cook:** 15 minutes

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Ingredients

One 10-oz. russet potato, scrubbed clean
1/3 cup canned crushed tomatoes
1 1/2 tsp. tomato paste
1/2 tsp. brown sugar (not packed)
1/2 tsp. Worcestershire sauce
1/2 tsp. red wine vinegar
1/8 tsp. garlic powder
4 oz. raw extra-lean ground beef (4% fat or less)
2 dashes each salt and black pepper
2 dashes chili powder
2 dashes paprika

Directions

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

Flip potato, and microwave for another 3 1/2 minutes, or until soft.

Meanwhile, in a small bowl, combine crushed tomatoes, tomato paste, brown sugar, Worcestershire sauce, vinegar, and garlic powder. Mix until smooth and uniform.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and a dash each salt, pepper, chili powder, and paprika. Cook and crumble for about 4 minutes, until fully cooked.

Remove skillet from heat, and stir in tomato mixture.

Cut potato in half lengthwise. Use a spoon to gently scoop out some of the pulp, leaving about 1/2 inch inside the skin. Discard pulp, or reserve for another use.

Sprinkle potato halves with remaining dash each salt, pepper, chili powder, and paprika. Fill with beef mixture.

MAKES 1 SERVING

HG Alternative: If made with lean ground turkey (7% fat or less) instead of extra-lean beef, each serving will have 336 calories, 8g fat, 613mg sodium, 39g carbs, 5.5g fiber, 6.5g sugars, and 27.5g protein (**SmartPoints®** values*: 8 on **Green Plan**, 3 on **Blue Plan**, 3 on **Purple Plan**).

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