

# Loaded Potato Skins

**Items Needed:** cutting board, knife, mixing bowl.

**Serves:** 4

## Ingredients:

- 4 medium russet potatoes
- 1 tbsp olive oil
- Pinch salt
- Pinch black pepper
- 2 tbsp garlic
- 1 tbsp butter
- 1 cup roasted vegetables
- ¼ cup greek yogurt
- ¼ cup low fat shredded cheese
- ¼ cup chives
- ¼ cup parsley



## Directions:

1. Preheat oven to 425°F.
2. Cook potatoes in the oven for 50-60 minutes or potato can be cooked in microwave for 3 minutes on one side, flipped over and cooked another 3 minutes.
3. Remove potato from oven and let cool
4. Ensure baked potatoes are cooled. Cut potatoes in half lengthwise. Using a small spoon, scoop out the flesh into a small bowl leaving a 1/4" shell, with skin on.
5. Spray both the inside and outside of the potatoes with cooking spray, or brush with 1 tbsp olive oil.
6. Place potatoes cut side down in baking dish. Bake 15 minutes in oven.
7. Flip potatoes over and bake an additional 5 minutes or until slightly browned and crisp.
8. While potato skins are cooking, in small bowl with potato flesh add in salt, pepper, garlic, butter, roasted vegetables, 1 spoonful greek yogurt, 1 spoonful shredded cheese, 1 spoonful chives and 1 spoonful parsley and mix well
9. Remove skins from oven and fill with potato mixture, topping with the rest of the shredded cheese
10. Place back in oven 3 minutes until cheese is melted
11. Remove from the oven, top with greek yogurt, chives, parsley and enjoy!

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