



Reduced-Fat Baja Potato Skins

COOKS NOTES

Potato skins with south-of-the-border flair in a reduced-fat version so you can eat three times the amount with a little less guilt!

INGREDIENTS

Pico de Gallo

- 1 tomato, chopped (1/2 cup)
- 3 Tbs. chopped Spanish Onion
- 1/2 tsp. minced fresh cilantro
- 1 Tbs. canned jalapeno slices (nacho slices), diced
- dash salt
- dash pepper

Potato Boats

- 3 medium russet potatoes
- canola oil nonstick cooking spray
- salt
- 1/3 cup reduced-fat shredded cheddar cheese
- 1/3 cup reduced-fat shredded mozzarella cheese
- 2 slices Canadian bacon, diced (about 2 Tbs.)

On The Side

- fat-free sour cream
- salsa

* NOTES

Recipe adapted from *Restaurant Recipes*.

PREPARATION

Prepare the pico de gallo by combining the ingredients in a small bowl. Cover and refrigerate until needed.

Bake the potatoes at 400°F for 1 hour, or until tender, and let cool. When the potatoes are cool enough to handle, cut them in half lengthwise.

Heat oven to 450°F.

With a spoon, scoop some of the potato out of each skin, being sure to leave about 1/4 inch of potato inside of the skin. Spray the entire surface of each potato skin, inside and out, with a light coating of the canola oil spray. Place the skins on a baking sheet, cut side up, salt them, then bake them for 12 -15 minutes, or until the edges are beginning to brown.

Combine the cheddar and mozzarella in a small bowl. Sprinkle about a tablespoon and a half of the cheese blend on each of the potato skins. Sprinkle a teaspoon of Canadian bacon over the cheese on each skin. Spread a heaping tablespoon of pico de gallo over the bacon on each skin. Top off each potato skin with another pinch of the cheese blend.

Bake the skins once more for 2 to 4 minutes or until the cheese is melted. Serve hot with fat-free sour cream and salsa on the side.

SERVES 4 as an appetizer.