

## Peeloff Potato Skins



Kick off your party with these low-fat potato skins, a healthy alternative to packaged potato chips.

SERVES 8

### INGREDIENTS

- 8 Russet (baking) potatoes
- Olive oil
- ¼ teaspoon or less of fine sea salt or low-sodium salt substitute
- Sweet paprika
- Pepper (to taste)
- Low-fat sour cream to garnish (optional)

### DIRECTIONS

1. Preheat the oven to 400 degrees
2. Scrub potatoes under running water, rinse and pat dry. Lightly coat potatoes with olive oil and prick each one with a fork several times
3. Bake potatoes directly on the middle rack of oven for one hour

4. Remove potatoes from oven and allow to cool. Leave oven turned on. When cool enough to handle, cut each one lengthwise and scoop out the insides leaving a ¼-inch shell around the edge. Reserve leftover potato pulp for future use
5. Cut each potato shell lengthwise into six strips and arrange on a baking sheet. Lightly brush strips with olive oil and sprinkle with salt, paprika and pepper to taste. Use salt sparingly. Place baking sheet in oven and bake for 20 minutes. Raise oven temperatures to 425 degrees for additional 5 minutes, or until crisp and golden brown
6. Remove baking sheet from oven, and serve potato skins with sour cream and chopped scallions if desired

#### NUTRITIONAL FACTS PER SERVING

Calories 167

Fat (g) 1.77

Carbohydrates (g) 31.85

Protein (g) 6.48

Cholesterol (mg) 3.19

Sodium (mg) 177