Ultimate Baked Potato Skins

Source: Dustin Harder of VeganRoadie.com

About the Recipe

268 Calories · 7 g Protein · 6 g Fiber
Appetizers

Use the reserved insides of the potatoes to make mashed potatoes, potato salad, or air-fryer french fries. Use the Universal Meals Classic Mashed Potatoes recipe for a great butter alternative option. If desired, you can use store-bought vegan bacon cut into bits, store-bought vegan cheddar shreds, and store-bought vegan sour cream for convenience. Follow the procedure as directed.

Ingredients

Makes 8 Servings

- 8 small russet potatoes, roughly 3 pounds
- 2 tablespoons (30 mL) olive oil (see below for oil-free option)
- 3/4 teaspoon sea salt
- 1 cup (240 mL) Universal Meals Veggie Vegan Cheese Sauce
- 1/4 cup (60 mL) Universal Meals Sunflower Sour Cream
- 1/2 cup (39 g) Universal Meals Buckwheat Bacon
- 1/2 cup (50 g) thinly sliced scallions

Directions

1. Preheat the oven to 425 F. Line a baking sheet with parchment paper.
2. Wash the potatoes and poke each one several times with a fork. Use 1 tablespoon of olive oil to lightly grease each potato.
3. Bake for 45-50 minutes until a fork pierces the flesh in the center of a potato easily. Remove from the oven and allow to cool until easily handled.

4. Cut potatoes in half, scoop out the insides of each half, and set scooped potato aside, leaving about 1/4-inch thickness of flesh and potato skin. Place potato halves back on a baking sheet with the insides facing down, drizzle with remaining tablespoon of olive oil, and sprinkle with sea salt. Bake for 5 minutes, flip, and bake an additional 5 minutes until edges are starting to brown. Remove from the oven.
5. Turn the oven up to broil. Place 1 tablespoon cheese sauce on each potato skin and spread to cover the inside; use more if desired. Add 2 teaspoons of bacon bits to each potato skin. Place back in the oven and broil for 4-6 minutes until the cheese appears dry and the bacon has started to brown and get crispy. Remove from the oven and drizzle or dollop each potato with 1 teaspoon of sour cream; use more if desired. Sprinkle with scallions.OIL-FREE: Omit the oil completely.

Nutrition Facts

Per serving:
Calories: 268
Fat: 8 g
    Saturated Fat: 1 g
    % Calories from Fat: 24%
Cholesterol: 0 mg
Protein: 7 g
Carbohydrate: 46 g
Sugar: 4 g
Fiber: 6 g
Sodium: 457 mg
Calcium: 48 mg
Iron: 3 mg
Vitamin C: 20 mg
Beta-Carotene: 445 mcg
Vitamin E: 2 mg