

Crispy Potato Skins

*You can use any herbs or spices to season the potato skins. Try fresh basil, chives, dill, garlic, cayenne pepper, caraway seed, tarragon or thyme.

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Crispy Potato Skins	1	0	0	0	12
TOTAL:	1	0	0	0	12

Serves: 2

1 Serving = 2 potato skin halves

Ingredients

- 2 medium russet potatoes
- Butter-flavored cooking spray
- 1 tablespoon minced fresh rosemary
- 1/8 teaspoon freshly ground black pepper

Directions

1. Preheat the oven to 375° F.
2. Wash the potatoes and pierce with a fork. Place in the oven and bake until the skins are crisp, about 1 hour.
3. Be careful! Potatoes will be very hot — cut the potatoes in half and scoop out the pulp, leaving about 1/8 inch of the potato flesh attached to the skin. Save the pulp for another use.
4. Spray the inside of each potato skin with butter-flavored cooking spray. Press in the rosemary and pepper. Return the skins to the oven for 5 to 10 minutes. Serve immediately.