



# Mexican Potato Skins

## Ingredients

- 2 8-ounce baked potato skins (see tip on next page)
- 2 tablespoons plus 2 teaspoons fat-free sour cream
- 8 fresh cilantro leaves, finely snipped
- 1/4 cup salsa (lowest sodium available)
- 1 small fresh jalapeno, seeded and thinly sliced (optional)

## Directions

Preheat the oven or toaster oven to 400 degrees.

Place the potato skins with the skin side down on a baking sheet.

Bake for 8 to 10 minutes, or until hot and crisp. For extra-crisp skins, use a toaster oven (the time is the same as for the full-size oven). Transfer to a plate.

Meanwhile, in a small bowl, stir together the sour cream and cilantro.

Spoon the salsa onto each potato skin. Top with the sour cream mixture and jalapeno.



**Servings: 4 (2 pieces per serving)**

**Nutritional Analysis:** Calories: 38; Total Fat: 0.0g (Saturated Fat 0.0g; Trans Fat 0.0g; Polyunsaturated Fat 0.0g; Monounsaturated Fat 0.0g); Cholesterol: 2mg; Sodium: 68mg; Carbohydrates: 8g; Fiber: 0g; Sugars: 1g; Protein: 1g

Source: "The New American Heart Association Cookbook, 8th ed."  
(American Heart Association)



# Tip: Baked Potato Skins

## TIP

Preheat the oven or toaster oven to 425 degrees.

Bake the potatoes on the oven rack for 1 hour 15 minutes, or until slightly overdone (the skins will be crisp and will crackle slightly when you gently squeeze the potatoes, using an oven mitt or tongs).

Transfer to a cooling rack. Let stand for 15 to 20 minutes, or until cool enough to handle.

Halve the potatoes lengthwise, then halve crosswise (to make 4 quarters each). Using a spoon, scoop out the flesh, leaving about a 1/8-inch shell.



Source: "The New American Heart Association Cookbook, 8th ed."  
(American Heart Association)