

BAKED POTATO SKINS WITH CREAMY SPINACH & TURKEY BACON

(Taken from weightwaters.com)

Ingredients:

3 medium potatoes, baked, sliced in half and cooled
Cooking spray or olive oil
20 oz chopped frozen spinach, thawed & squeezed dry
4 oz of light cream cheese, at room temperature
¼ tsp salt
¼ tsp black pepper
3 slices cooked crisp turkey bacon, crumbled

Directions:

Preheat oven to 400 degrees.

Scoop out flesh of potatoes, leaving about ¼ of potato flesh around the edges.
(Reserve remaining potato flesh for another use such as mashed potatoes.)

Place potato halves on baking sheet and spray each with 1 spray of cooking spray. (You could add 1 tsp of olive oil to the inside of the potato to get your serving of oil – just increase the point for each potato half by 1 point each).

Bake until lightly browned – about 15 minutes.

While potatoes skins bake, combine spinach, cream cheese, salt & pepper in a medium bowl. Mix until well blended.

Remove skins from oven and spoon 3 tablespoons of spinach mixture into each potato half; bake until warmed through – about 5 minutes more.

Remove skins from oven & top each half with about 1 tablespoon of crumbled bacon.

Serving size – 1 potato half per person.

Points Value – 2 points per half or 3 points if you use 1 tsp olive oil in each.

Hint: To easily dry spinach, place thawed spinach in a clean kitchen towel and squeeze out liquid over sink, as though you were wringing out a wet towel.

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