



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Taco Potato Skins

Serves 12

Ingredients:

- 6 medium sweet potatoes
- 1 cup shredded Monterrey Jack Cheese or Mexican Cheese blend
- 3 scallions, thinly sliced
- ½ cup fresh salsa (or similar)
- ½ cup guacamole
- ½ cup chopped veggies of choice (E.g. cucumber, tomato, onion, etc.)

Directions:

1. Scrub the sweet potatoes. Arrange on a baking sheet or in a baking dish. Bake at 350° F for 50 minutes or until fork-tender. Let the potatoes cool completely.
2. Then slice the potatoes in half length-wise, scoop out most of the flesh.
Tip: Save the sweet potato to make mashed sweet potatoes later!
3. Arrange the pieces skin-side down on the baking sheet. Sprinkle each with shredded cheese and scallions. Bake at 400° F until the cheese is melted, about 8-10 minutes. Remove the potato skins. Serve with small bowls of salsa, guacamole, and other chopped veggies of choice.