



strong bodies **healthy minds**

## Pizza Potato Skins

We love pizza and baked potato skins are cool and crunchy to eat! We decided to put these two food combinations together and they created something yummy to eat. We had fun making them, too with our favorite toppings – tomato sauce, cheese and fresh herbs from the HealthBarn USA garden. Our parents are thrilled because this recipe is super nutritious and we are eating potatoes rather than French fries without a battle! Try it, you'll like it!

### Ingredients:

4 russet potatoes, scrubbed  
Canola or grapeseed oil spray  
1/8 sea salt  
1/8 ground black pepper  
1 cup tomato sauce, low sodium  
3/4 cup mozzarella cheese, low fat, shredded  
1/4 cup fresh oregano, finely chopped

### Directions:

1. Preheat the oven to 375 degrees. Poke holes in each potato with a fork or a knife. Bake them in the oven for about an hour or until a fork or knife slides easily through the flesh.
2. Once the potatoes are done, remove from the oven and let cool until you are able to handle them. Cut each potato in half lengthwise and then into quarters. Take a small knife or spoon and scoop out the flesh of the potato, leaving about 1/4 inch. (Reserve the discarded potato and use for another recipe, like mashed potatoes or gnocchi.) Return the potato skins to a greased pan, sprinkle with salt and pepper, and cook at 375 degrees for 20 minutes, turning once after 10 minutes. You want the skins to start crisping up.
3. Once the skins are cooked through, increase the oven temp to broil, add the shredded cheese and scallion to each skin, and cook until the cheese gets gooey and bubbly. It's ok if there are cheesy bits browning on the pan...those crispy bits are the best part!
4. Serve the warm skins on colorful plates!

Makes 16 servings (1 potato skin per serving).

**Nutrition Facts per serving:** 90 calories; 2g fat (1g sat fat, 0g trans fat); 5mg cholesterol; 13g carbohydrate (2g fiber, 2g sugar); 5g protein; 110mg sodium; 6% Daily Value (DV) vitamin A; 15% DV vitamin C; 10% DV calcium; 10% DV iron.