



## VEGETARIAN APPETIZER

### Mini Twice Baked Potatoes

- 2 lb. Mini Yukon Gold Potatoes
- 1 tsp. Olive Oil
- ¼ tsp. Sea Salt
- 2 tbsp. Milk, 2% or skim
- 2 tbsp. Butter
- ½ tsp. Ground Black Pepper
- ¼ tsp. Sea Salt
- 1½ slices of Go Veggie Lactose Free Cheddar Singles
- 2 tbsp. Boca Veggie Crumbles

#### METHOD OF PREPARATION:

1. Spray the baking sheet with non-stick coating. Wash the potatoes and dry them. Rub the potatoes with olive oil and sprinkle with first sea salt. Place the potatoes on the pan and bake at 400°F for about 25 minutes or until the potatoes are tender. Remove from the oven and let cool for about 10 minutes.
2. Cut the potatoes in half crosswise, the short way. Cut a small portion of the rounded bottom edge so the potatoes will stand upright. Carefully scoop out about a teaspoon of potato from each half, leaving the shells intact.
3. Cut up the veggie cheese into ¼ inch size pieces.
4. Combine the potato, milk, butter, pepper, cheese and the second sea salt in a bowl mixing together well. Spoon about 1 heaping teaspoon of the potato mixture into each shell. Arrange the stuffed potatoes in a pan and top each potato with ½ teaspoon of veggie crumbles. Bake at 400°F for 10-12 minutes or until they are thoroughly heated.
5. Transfer to a platter and serve.

Option: To make vegan style, substitute vegan cheese.

SERVES: 12 each

NUTRITION: 90 Calories, 2 g Fat, 1 g Saturated Fat, 0 g Trans Fat, 5 mg Cholesterol, 190 mg Sodium, 16 g Carbohydrate, 1g Dietary Fiber, 2 g Protein

WEIGHT WATCHER SMARTPOINTS = 3

ALLERGENS: Milk, Soy