



LOADED BUT LIGHT POTATO SKINS

SERVES 4 PREP ~ 15mins SUITABLE FOR: Gluten Free

Loaded potatoes are an absolute classic & firm favourite for most people. We've adapted the recipe to keep the taste but make it far more healthy, reducing saturated fat & calories. They are predominantly a Fuel choice due to the potatoes but they contain a decent amount of protein from the cottage cheese & Health with a range of vitamins, minerals & fibre. The calories are only moderate so they are suitable for most occasions as a side or full meal if you fancy a few.



NUTRITION INFO

Health Score 4.1. High in Vit B6, Copper & Iron

| Kcal | Carbs | Sugar | Protein | Fat | Sat Fat | Fibre |
|------|-------|-------------|---------|------|--------------|--------------|
| 266 | 34.6g | 4.2g (4.7%) | 15.3g | 5.6g | 2.5g (12.3%) | 5.1g (16.9%) |

INGREDIENTS

4 Potatoes
5 Chopped Spring Onions
200g Low Fat Cottage Cheese
Pinch Salt & Pepper
30g Parmesan
2 Ham Slices

METHOD

1. Microwave the potatoes until they are soft
2. Preheat the oven to 200 degrees
3. Cut potato in half and scoop out the potato into a bowl
4. Chop the ham into small pieces
5. Mash the potato with a fork, then stir in the spring onion and cottage cheese
6. Spoon the mixture back into the skin, then place on a baking tray and cook for 20 mins

