

# October

## Recipe of the Month



### Zesty Potato Skins

Source: American Heart Association Low-Fat, Low-Cholesterol Cookbook

#### Ingredients:

6 medium red potatoes (about 1 ¼ pounds total), baked  
Cooking spray  
½ tsp garlic powder  
½ tsp chili powder  
½ tsp ground cumin  
1/8 tsp pepper

8 ounces fat-free cottage cheese, undrained  
½ tsp grated lime zest  
1 ½ Tbsp fresh lime juice  
1 Tbsp green onions (green part only), finely chopped  
¼ tsp chili powder  
4 large black olives, each cut into 6 slices

#### Directions:

1. Preheat oven to 450 degrees.
2. Cut each baked potato in half. Scoop out the centers, leaving about ¼ inch of potato around the inside. Cut each half in half. Lightly spray the pulp side with cooking spray.
3. In a small bowl, stir together the garlic powder, ½ tsp chili powder, the cumin, and pepper. Sprinkle on the pulp side. Place with the skin side down on a baking sheet. Bake for 15-20 minutes, or until lightly browned.
4. Meanwhile, in a food processor or blender, process the remaining ingredients except the olives until smooth. Spoon about 1 tsp mixture into each baked potato skin. Top each piece with an olive slice.

### Why is it Healthy?

Potatoes are a good source of vitamin C, B6, and potassium, and are naturally low in calories.

Unfortunately, out of the 125 pounds of potatoes consumed by each American in a year, most are sliced and deep fried! Try this recipe as a fresh alternative to the usual chips and dip.

### Nutrition Facts

Serving size 3 potato skins  
Servings per Recipe: 8

**Calories** 64

**Fat** 0.5 g  
Saturated Fat 0 g

**Cholesterol** 1 mg  
**Sodium** 125 mg

**Carbohydrate** 11 g  
Fiber 1 g

**Protein** 4 g



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