

NACHO POTATOES

4 medium baking potatoes

¼ cup coarse sea salt

2 tablespoons olive oil

3 ripe avocados

juice of ½ fresh lime

1 tablespoon chopped cilantro

½ red or purple onion, minced well

1 clove garlic passed through garlic press

½ cup low fat sharp cheddar cheese

½ cup low-sodium salsa

1. Preheat oven to 450°. Scrub potatoes with a vegetable brush; pat dry. Pierce each potato 3 to 4 times with a fork, and rub with olive oil. Rub each potato with sea salt. Bake potatoes directly on oven rack for 1 hour and 10 minutes.
2. While potatoes are baking, cut avocados in half. Discard pits and scoop flesh into medium bowl. Place avocados, lime juice, cilantro and onion into bowl and mix until just combined. Don't over mix.
3. Remove potatoes from oven and wrap each in aluminum foil for 10 minutes. Remove potatoes from foil and slice each lengthwise. Layer cheese, salsa, and avocado mixture in each potato. Serve immediately.

Yields: 4 servings

420 calories per potato

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