

# Recipe of the Week

## Stuffed Potato Skins with Roasted Chicken, Onions and Sour Cream

Assemble these game day potato skins and the salsa sour cream ahead of time, if you like. For bite-size potato skins, make this recipe with 12 small potatoes instead. Or for a twist, substitute smoked turkey for the chicken and queso fresco for the Monterey Jack.

**Makes 12**

### Ingredients

6 medium yukon gold potatoes (about 2 1/2 lbs.)  
1 tablespoon olive oil  
1 large yellow onion, thinly sliced  
Salt and black pepper to taste  
1/4 cup lime juice  
1 teaspoon ground cumin (optional)  
3/4 cup regular or light sour cream  
1/4 cup chunky salsa  
1 cup grated Monterey Jack  
1 1/2 cups shredded roasted chicken



### Method

Preheat oven to 400°F. Prick potatoes all over with a fork then arrange on a baking sheet and bake until tender, 45 to 50 minutes. Set aside until cool enough to handle, then halve lengthwise and scoop out flesh, leaving only about 1/4 inch of potato all around. (Save potato flesh for another use.)

Meanwhile, heat oil in a large skillet over medium high heat. Add onions, salt and pepper and cook, stirring often, until golden brown, about 10 minutes. Add lime juice and cumin (if using) and stir to scrape up any browned bits. Reduce heat to medium and cook until deep golden brown, 6 to 8 minutes more. Combine sour cream, salsa, salt and pepper in a bowl; set aside.

Preheat broiler. Divide half of the cheese among potato skins, then top with onions. Arrange chicken on onions then top with remaining cheese. Broil until golden brown and bubbly, 2 to 3 minutes. Transfer potato skins to a platter and serve with salsa sour cream on the side.

### Nutrition

Per serving (about 5oz/143g-wt.): 190 calories (70 from fat), 8g total fat, 4g saturated fat, 35mg cholesterol, 210mg sodium, 19g total carbohydrate (2g dietary fiber, 2g sugar), 10g protein <http://www.wholefoodsmarket.com/recipes/2430>



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