

Tex-Mex Ground Turkey Potato Boats

If you are a meat and potato kind of person then you will love this appetizer recipe. Using ground turkey (to help reduce the fats and calories) and packed with lots of flavor, these stuffed potato skins will go great with your Tex-Mex meal tonight.

Recipe Type: Appetizer, Main Dish, Poultry, Side Dish

Ingredients

2 Potatoes baked
½ lb ground turkey
½ cup onion chopped
1 each Clove garlic minced
1 Can (8 ounces) stewed tomatoes
1 tsp chili powder
¼ tsp dried oregano
¼ tsp cumin
¼ tsp red pepper flakes
¼ tsp salt
½ cup reduced-fat Cheddar cheese grated



Directions

- 1 Preheat oven to 375 degrees.
- 2 Bake potatoes per instructions. To shorten the length of time to bake the potatoes, place whole potato in microwave and cook on high for 10 - 15 minutes or until potato begins to soften. Finishing baking in the oven to crisp up the skins.
- 3 Remove potatoes from oven and let cool slightly.
- 4 Slice potatoes in half, lengthwise and place on a baking sheet.
- 5 Scoop out center of potato leaving about ¼ inch of potato attached to the skin.
- 6 Keep scooped out potatoes for another use.
- 7 In medium skillet on medium-high heat, combine ground turkey, onion and garlic.
- 8 Cook for approximately 5 minutes or until meat is no longer pink.
- 9 Drain meat juices. Add tomatoes, chili powder, oregano, cumin, red pepper flakes and salt.
- 10 Cook for another 15 minutes or until most of the liquid has evaporated.
- 11 Spoon the turkey mixture into the potato shells and sprinkle with cheese.
- 12 Place backing sheet into oven and bake for 15 minutes or until cheese is melted.

Oven Temperature: 375°F

Nutrition Facts

Nutrition (per serving): 205 calories, 1.9g total fat, <1g saturated fat, 38mg cholesterol, 406.9mg sodium, 27.7g carbohydrates, 3.4g fiber, 4.2g sugar, 20.9g protein.

Servings: 4

Weight Watchers Points

Note: The Ground turkey or veggies were not included in the calculation of Weight Watchers SmartPoints. All other points values do not include veggies.

Orig. WW Pts: 4

Points Plus: 5

Smart Points: 4

FreeStyle Smart Points: 3

Tips

This appetizer recipe makes a great side dish to your dinner plans. If serving as an appetizer or snack, you can cut the stuffed potatoes in half to make smaller portions.