

Upside-Down Potatoes

An easy side dish or snack with big flavour in every bite of baking potato, yet low in fat.

1/4 cup (50 mL) grated Parmesan or Romano cheese
1/2 tsp (3 mL) chili powder
1/4 tsp (1 mL) salt
1 1/2 lb. (750 g) Ontario baking potatoes (3 large Russets), unpeeled, washed
2 tbsp (30 mL) olive oil
Preheat oven to 400 F (200 C). Line a baking sheet with parchment paper.

Mix together cheese, chili powder and salt. Set aside.

Use large sharp knife to cut potatoes in half along lengths of potatoes. For younger kids, a parent should do the cutting. Lightly brush cut sides with olive oil, right over edges. Holding each potato half over a bowl, use a spoon to sprinkle cheese mixture over oil-brushed surfaces, sprinkling over edges to completely dust entire oiled surface.

Place potato halves, cheese side down on parchment-lined baking sheet. Repeat for all six halves. Lightly brush skins with olive oil. Bake 25 minutes, until potato halves can be pierced with a paring knife.

Makes 6 Upside-Down Potatoes.

Per serving: 148 calories, 4 g protein, 6 g fat, 20 g carbohydrates, 2 g fibre, 169 mg sodium

