

Bacon & Egg Potato Boats

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Yield: 2 stuffed potato halves

1 medium hot, previously baked potatoe
2 tablespoons butter
2 tablespoons milk
2 tablespoons Italian blend cheese
1 tablespoon chopped green onion
2 slices cooked bacon, chopped
1/2 teaspoon salt
2 eggs
1/4 teaspoon salt
pepper (to taste)
finely chopped cooked bacon (for garnish)
finely chopped parsley (for garnish)

Preheat the oven to 400 degrees.

Spray a baking sheet with cooking spray.

After the potatoes are cool, cut in half lengthwise. Scoop the pulp into a bowl, leaving about 1/4-inch around the edges. Mash the pulp with a fork.

For each half-potato, add one teaspoon butter (stirring until melted), one tablespoon milk, one tablespoon cheese, 1/2 tablespoon green onion, one slice chopped cooked bacon and 1/4 teaspoon of salt. Stir well. Spoon the mixture back into the skins.

With the back of a spoon, create a deep well in the center of each skin (you may have to remove some pulp). Place the potato halves on the baking sheet.

Crack one egg into each well. Sprinkle with 1/8 teaspoon of salt and pepper.

Bake for 35 to 40 minutes, until the egg whites are set.

Garnish with bacon or parsley.

This recipe is for one potato (two halves). Additional potatoes can be made by multiples of the ingredients.

SWITCH IT UP

For ham and cheese stuffed potatoes: Substitute shredded Cheddar or Swiss cheese for the Italian blend cheese and the chopped ham (about 1/2 ounce per potato half) for the bacon.

For Salmon and Chive stuffed potatoes: Substitute sour cream for the milk, chives for the green onion and flaked cooked salmon (about 1/2 ounce per potato half) for the bacon.

TIP

If the potato halves don't stand upright, cut a thin slice off of the bottom.

Per Serving (excluding unknown items): 445 Calories; 40g Fat (81.5% calories from fat); 18g Protein; 3g Carbohydrate; trace Dietary Fiber; 501mg Cholesterol; 2191mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	445	Vitamin B6 (mg):	.2mg
% Calories from Fat:	81.5%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	2.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.0%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	40g	Folacin (mcg):	55mcg
		Niacin (mg):	1mg

Saturated Fat (g): 20g
Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 501mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 18g
Sodium (mg): 2191mg
Potassium (mg): 266mg
Calcium (mg): 112mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 1416IU
Vitamin A (r.e.): 368 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 445 Calories from Fat: 363

% Daily Values*

Total Fat	40g	62%
Saturated Fat	20g	101%
Cholesterol	501mg	167%
Sodium	2191mg	91%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	18g	
Vitamin A		28%
Vitamin C		9%
Calcium		11%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.