

Taters on the Half Shelf



THESE TATERS ON THE HALF SHELF WILL BE A HIT AMONG THE KIDS. THEY ARE A GREAT WAY TO SNEAK IN A VARIETY OF NUTRIENTS!

MAKES 24 SERVINGS

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INGREDIENTS

48 each Potato Half Shells, Frozen
As Needed Nonstick Pan Spray
48 ounces Guacamole, Prepared

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DIRECTIONS

1. Preheat the oven to 450 °F.
2. Arrange the frozen half shells onto baking sheets with wire rack inserts
3. Bake the frozen potato half-shells for 20 minutes, or until they are golden brown and crispy on the outside.
4. Remove from the oven and allow them to cool on the racks. Store in refrigerator until ready to use.
5. Serve two chilled potato half shells with two ounces of prepared guacamole.

Nutritional Analysis per serving: Per 2 loaded pepper halves
Calories 280, Fat 9g, Saturated Fat 2.5g, Cholesterol 10mg,
Sodium 220mg, Carbohydrate 45g, Fiber 9g, Sugars 1g,
Protein 5g