



# TWICE BAKED BREAKFAST POTATOES

AIR FRYER AND  
OVEN METHODS

Serves 2

## INGREDIENTS

- 1 large russet potato (7 oz/198 g)
- 1/4 tsp olive oil
- 1/4 tsp salt
- 2 slices fully cooked crispy bacon, crumbled (14 g)
- 1/4 c plain nonfat Greek yogurt (60 g)
- 1/4 c shredded reduced-fat cheddar cheese, divided (28 g)
- 1 large egg, whisked
- 1/8 tsp black pepper
- 1 green onion, chopped (4 g)

## DIRECTIONS

- 1** Scrub potato clean, then poke a few holes in it with a fork. Rub with olive oil and sprinkle with salt.
- 2** Microwave on high for 10-12 minutes, flipping halfway through, until tender. Let cool slightly.
- 3** Slice potato in half lengthwise and carefully scoop out the flesh, leaving a thin layer to keep the skins intact.
- 4** In a bowl, mash the scooped-out potato together with Greek yogurt, half of the cheese, crumbled bacon, egg, and black pepper until combined.
- 5** Spoon the mixture back into the potato skins and top with the remaining cheese.
- 6** Place in the air fryer at 400°F (205°C) and cook for 8-10 minutes, until the tops are golden and the eggs are set.
- 7** Garnish with sliced green onions and serve warm.

### **Conventional oven method:**

**For step 2:** preheat the oven to 450°F (230°C). Place the scrubbed and oiled potatoes on a baking sheet and bake for 50-60 minutes, or until fork tender.

**For step 6:** place in the oven at 350°F (175°C) and bake for 18-20 minutes until the eggs are set and the tops are golden.

## FACTS

**Prep time:** 20 min

**Cook time:** 18 min

**Total time:** 38 min

**MFP:** "FFC Twice Baked Breakfast Potatoes"

**1 serving:** 1/2 of one potato

**217 Calories**

**14P | 7F | 24C**