

Tex-Mex Potato Skins



From the Forks Over Knives Kitchen

- **Prep-time: 30 minutes / Ready In: 90 minutes**
- **Makes 16 potato skins**

Whether you're in need of a crowd-pleasing appetizer for entertaining or you're just craving some melt-in-your-mouth goodness, these Tex-Mex Potato Skins are your answer. Stuffed with flavorful filling, drizzled with cheesy sauce, topped with pico de gallo—every bite is pure bliss.

The potato skins, sauce, and filling can be prepared a day in advance (up to step 5): Stash the sauce and filling in the refrigerator, and chill the baked (but not yet filled) potato skins on their baking sheet for easy assembly and baking when ready.

Ingredients

- 8 small (4- to 6-ounce) potatoes, scrubbed
- 1 (15-ounce) can black beans, rinsed and drained (1½ cups)
- 1 cup fresh or frozen corn, thawed
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ¼ teaspoon chipotle powder
- ½ teaspoon sea salt, divided
- 2 tablespoons lemon juice, divided
- 1 cup unsweetened, unflavored plant milk

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- ¼ cup nutritional yeast
- 1 teaspoon onion powder
- 1 cup store-bought pico de gallo
- ¼ cup thinly sliced scallions

Instructions

1. Preheat oven to 450°F. Scrub potatoes and use a fork to poke several holes in each one. Arrange potatoes on a baking sheet and bake 40 to 60 minutes or until tender when pierced with a fork. Cool on baking sheet.
2. Slice potatoes in half lengthwise. Carefully scoop out and reserve most of the potato flesh, leaving a thin layer of potato flesh with the skin to help retain the potato's shape.
3. To make the filling, in a medium bowl, combine 2 cups of potato flesh, black beans, corn, cumin, garlic powder, chipotle powder, ¼ teaspoon of salt, and 1 tablespoon lemon juice. Mix well. Set aside.
4. To make cheese sauce, place 1 cup of potato flesh in a blender. Add milk, nutritional yeast, remaining 1 tablespoon lemon juice, the onion powder, pepper, and remaining ¼ teaspoon salt. Blend mixture to a smooth, thick sauce, adding water a little at a time if needed to reach a thick saucy consistency.
5. Roughly 30 minutes before desired serving time, preheat the oven to 375°F. Fill each potato skin with the filling mixture; then drizzle 1 tablespoon sauce over each filled potato. Bake on the oven's top rack for 10 to 20 minutes, or until sauce and edges of potatoes are just starting to brown.
6. Remove stuffed potatoes from oven and top with pico de gallo and scallions. Serve immediately.

Healthy eating shouldn't be a hassle!

ABOUT THE AUTHOR – Darshana Thacker



Darshana Thacker is chef and culinary project manager for Forks Over Knives. A graduate of the Natural Gourmet Institute, she is the author of [Forks Over Knives: Flavor!](#) She created the recipes for [Forks Over Knives Family](#) and was a lead recipe contributor to the *New York Times* bestseller [The Forks Over Knives Plan](#). Her recipes have been published in *The Prevent and Reverse Heart Disease Cookbook*, [Forks Over Knives—The Cookbook](#), [Forks Over Knives: The Plant-Based Way to Health](#), and *LA Yoga* magazine online.

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