

Low-Point Veggie Potato Bites

Ingredients:

- 12 small potatoes (I used small honey gold), halved
- 1 1/2 Tbs olive oil
- 2 cloves of garlic, chopped
- 1/4 cup chopped onion
- 4 cups chopped kale
- 6 Tbs light sour cream
- salt and pepper
- Goya Adobo seasoning (optional)

Preheat oven to 375 degrees. Cut the potatoes in half and place on a baking sheet and bake for 45 minutes. Meanwhile, in a large skillet, heat olive oil over medium-high heat. Saute' onions and garlic for about 5 minutes. Add the kale and season with salt and pepper. Saute' for about 5 minutes, until kale has wilted slightly, stirring constantly. Remove skillet from heat. Test potatoes after 45 minutes by piercing with a fork. The fork should pierce the potato fairly easy. Remove potatoes from oven and cool slightly. Turn the oven off and turn the broiler on high. Scoop out the insides of the potatoes with a melon baller or small spoon. Place insides of potatoes into a food processor along with the sautéed kale, garlic, and onions and pulse until combined and finely chopped. Carefully spoon the mixture back into the potato shells and place the potatoes in the broiler oven until heated through and slightly golden on top. Remove and sprinkle with a little salt, Goya Adobo seasoning, or a little bit of parmesan cheese (not more than an 1/8 tsp. on each half). Enjoy!

Total servings - 24

Serving size - 1

Points per serving - .5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"If you can't get someone out of your head, then maybe they're supposed to be there." - Anonymous