



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# Twice Baked Potatoes

YMCA of Northern  
Rock County

Servings: 4

## Ingredients:

4 large russet potatoes  
2 tablespoons avocado oil  
1/2 cup sour cream  
1/4 cup unsalted butter  
1/4 cup finely chopped fresh chives  
Kosher salt and freshly ground black pepper



**Making these ahead of time so they have time to completely cool increases their resistant starch and cuts the carbs in half!**

## Directions:

Step 1 - Preheat oven to 425°. Poke potatoes all over with a fork; rub with oil. Bake directly on oven rack until very soft when squeezed and skins are crisp, 50–60 minutes. Let cool just until you can hold them.

Step 2 - Using a serrated knife, slice potatoes in half lengthwise and scoop flesh into a medium bowl. Add sour cream, butter, and chives; season generously with salt and pepper.

Step 3 - Divide among 4 potato skin halves, piling gloriously high—don't pack too tightly. (Discard remaining skins or enjoy as a snack with butter and salt.)

Step 4 - Place in covered container in refrigerator until completely cooled.

Step 5 - Preheat oven to 450°. Bake potatoes on a rimmed baking sheet until filling is puffed and browned in spots, 20–25 minutes.

## Nutritional Information:

Calories: 372

Fat: 24g

Carbs: 32g

Protein: 9g

Recipe courtesy of: <https://www.bonappetit.com/recipe/twice-baked-potatoes>

## DID YOU KNOW?

Most of the carbs we consume are full of starch. But some types of starch are resistant to digestion, so they are called resistant starch.

Resistant starch functions similarly to soluble fiber, helping to feed the good bacteria in our gut, which benefits our health. It also benefits our waistline, because the higher the resistant starch content in a food, the fewer carbs and calories it has.

The way you prepare starch-containing foods affects their starch content. The key is to cook the food, then let it cool completely. The more the food is heated and cooled, the more resistant starch it contains. - Kelly Jones, Y Personal Trainer