



Serves 3-4

Cook Time: 1 hours 30 minutes

INGREDIENTS:

6 russet potatoes, scrubbed

2 cloves garlic, crushed

½ cup unsweetened, unflavored plant milk

1 tablespoon prepared mustard

¼ cup nutritional yeast (optional)

1 (15-ounce) can chickpeas, drained and rinsed

1 shallot, chopped

3 tablespoons capers, drained

5 sun-dried tomatoes, chopped

1 scallion (white and green parts), finely chopped

sea salt and freshly ground black pepper

FOR THE TAHINI SAUCE

2 tablespoons tahini

¼ cup fresh lime juice (from about 2 limes)

FOR GARNISH

2 tablespoons fresh chives

1 scallion

Loaded Potato Skins

These simple, budget-friendly vegan loaded potato skins make a delicious main dish with a side salad, but they're also perfect as a quick snack the following day. The crispy twice-baked loaded potatoes skins are filled with a flavorful chickpea, caper, scallion, and sun-dried tomato mash, then topped with a creamy tahini sauce and fresh chives. They are filling, satisfying and just downright irresistible!

Looking for more healthy meal inspiration? Check out our roundup of mouthwatering [vegan recipes](#) to enjoy for lunch or dinner!

<https://www.youtube.com/watch?v=Ks9Fs5wFVvg>

By Green Evi

- 1 Preheat the oven to 400°F.
- 2 Use a fork to pierce the potatoes in several places. Place them on a baking sheet and bake until tender, 55 to 65 minutes. Let the potatoes cool until they are easy enough to handle.
- 3 Cut the potatoes in half lengthwise, then use a spoon to scoop out each potato half, leaving about ¼ inch of potato on the shell.
- 4 Meanwhile, transfer scooped potato flesh to a bowl, then mash with garlic, plant milk, mustard, and nutritional yeast (if using). Add chickpeas and coarsely mash with the mixture.
- 5 Add the shallots, capers, sun-dried tomatoes, and scallions to the potato-chickpea mixture. Mix well, then season with salt and pepper to taste.
- 6 Fill the potato skins with the mixture and bake until golden, 10 to 20 minutes.
- 7 Meanwhile, make the tahini sauce: Whisk the tahini and lime juice with about ¼ cup of water.
- 8 Serve potatoes warm or at room temperature drizzled with tahini sauce and topped with chives and scallions.