



Makes 16 potato skins
Preparation Time: 30 minutes
Cook Time: 1 hours

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

¼ cup nutritional yeast

1 teaspoon onion powder

1 cup store-bought pico de gallo

¼ cup thinly sliced scallions

Tex-Mex Potato Skins

Whether you're in need of a crowd-pleasing appetizer for entertaining or you're just craving some melt-in-your-mouth starchy 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.

Here is another delicious [vegan potato skins](#) recipe to keep you full and satisfied.

<https://www.youtube.com/watch?v=TnEIqxs3Xc>

By Darshana Thacker Wendel

- 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.