

ONE BITE

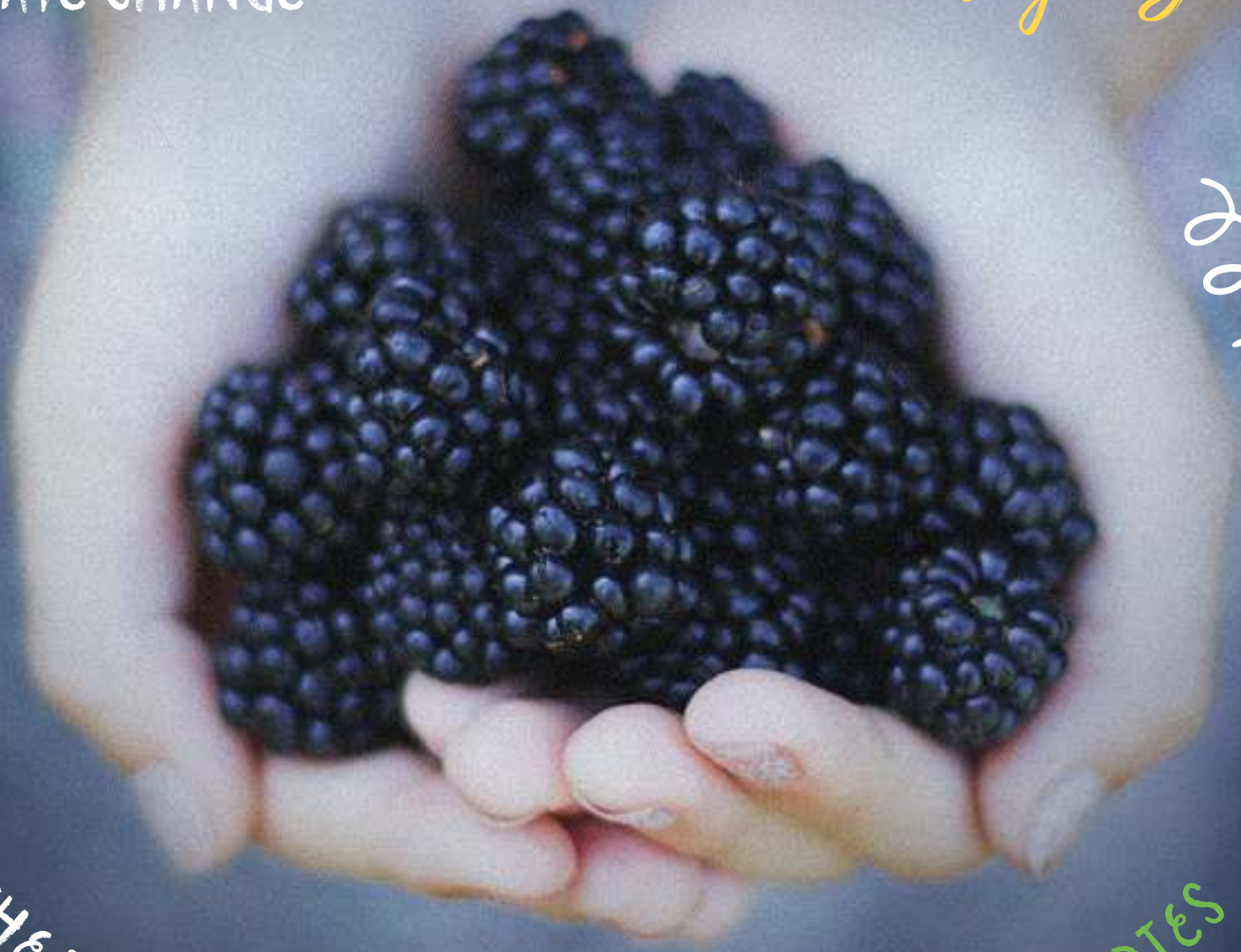
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Vegan Loaded Potato Skins

By Terri Edwards

These vegan loaded potato skins are the perfect snack or appetizer for family and social gatherings or game day. This is a healthy mouthwatering version. Not only are they a beautiful display, but they also taste AMAZING!

YIELD:
4 servings

PREP TIME:
30 minutes

COOK TIME:
30 minutes

TOTAL TIME:
1 hour

INGREDIENTS

LOADED POTATOES

- 1 lb. small potatoes, red, Russet, or your choice
- ¼-½ cup plant-based milk, almond, soy, etc.
- 2 Tbsp low-fat mayo, recipe below
- 1 tsp salt (I really like black salt), or to your taste
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp onion powder
- Creamy Vegan Cheese Sauce, to drizzle on top
- fresh cilantro, for topping
- chives, for topping

LOW-FAT EGGLESS MAYO

- 1 container tofu, 12 oz
- 1 Tbsp sweetener, sucanat, agave, sugar, etc
- 1 Tbsp lemon juice or red wine vinegar
- 1-½ Tbsp Dijon mustard
- ¼ tsp salt

CREAMY VEGAN CHEESE SAUCE

- 1 cup potatoes, peeled & diced
- ¼ cup carrots, diced
- ¼ cup onions, diced
- 1 cup broth from veggies
- ½ cup raw cashews (raw), or ½ cup white beans
- 4 Tbsp nutritional yeast
- 1 Tbsp lemon juice
- 1 tsp salt
- ½ tsp garlic powder
- 1 pinch paprika
- 1 pinch cayenne pepper

INSTRUCTIONS

LOADED POTATO BITES

1. Preheat oven to 400 degrees and bake whole small potatoes until tender, approximately 30 minutes, depending on the size of little potatoes.
2. Remove potatoes from oven and allow to cool. Slice potatoes in half, scoop out pulp leaving ¼" in the shell. Place pulp in a medium bowl.
3. Add plant-based milk, low-fat mayo, salt, pepper, garlic powder, onion powder, and smoked paprika to potato in bowl and mash together using a potato masher or fork.
4. Fill potato skins with mashed potato mixture.
5. Drizzle with Creamy Vegan Cheese sauce, then top with more smoked paprika, chives, and cilantro.
6. Place back into the oven at 350 degrees for approximately 10 minutes to heat up and serve warm.

LOW-FAT EGGLESS MAYO

1. Drain tofu and squeeze excess water out on paper towels. Blend all ingredients in a blender. Leftover mayo can be used on sandwiches, wraps, and in other sauces. Store in the refrigerator for up to 2 weeks.

CREAMY VEGAN SAUCE

1. In a medium pot, bring about 3 cups of water to a boil. Place potatoes, carrots, and onion in the pot and allow to cook until veggies are tender approximately 15 minutes. Cooking time will vary based on how small the veggies are diced.
2. When veggies are tender, drain and place them in the blender. NOTE: reserve 1 cup of the broth, and add to blender. Add all the remaining ingredients, and blend until smooth.
3. Now, it's ready to use as a Loaded Potato Skins topping, nacho cheese dip, mac-n-cheese, topping for steamed broccoli, or anything else you need a creamy, cheesy sauce in. It makes approximately 1 quart and can be stored in the refrigerator for up to 2 weeks.

Terri Edwards



Terri Edwards is the blogger behind eatplantbased.com. Her blog aims to demonstrate the health benefits that eating a plant-based diet can have and inspire others to adopt a vegan lifestyle. On her website you can find plenty of healthy and delicious vegan recipes.

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