Crispy Hasselback Potato With Simple Guac

Nutrition Highlights (per serving)

CALORIES 260 FAT12g CARBS 41g PROTEIN 5g

Total Time **70 min**
Prep **10 min**, Cook **60 min**
Servings **4 (1 potato + 1/4 avocado each)**

Ingredients

* 4 medium sweet potatoes
* 2 tablespoons olive oil
* 1/2 teaspoon garlic powder
* 1/2 teaspoon ground black pepper
* 1/2 teaspoon salt
* 1 small avocado
* 2 tablespoons lemon juice
* 1/4 teaspoon salt
* 2 tablespoons chopped cilantro leaves (optional)

Preparation

1. Preheat oven to 425F and prepare a lined baking sheet.
2. Wash the potatoes well, keeping the skin on. Slice each one into 1/8-inch slices, keeping the slices intact at the potato's base (in other words, don't cut all the way through).
3. Combine oil, garlic powder, black pepper, and salt in a small bowl.
4. Place potatoes on the lined baking sheet and brush the oil mixture onto each one, making sure to brush inside each slice as well.
5. Bake for one hour, checking around 45 and 50 minutes to make sure they don't burn.
6. Remove from oven and let cool. While cooling, prepare the guacamole. Pit and remove the flesh from the avocado. Mash it up with a fork and stir in the lemon juice and salt.
7. Top each potato with a quarter of the guacamole. Sprinkle with cilantro leaves if desired.

Ingredient Variations and Substitutions

You can completely skip the guac and top each potato with a richer protein-based spread, like [edamame dip](https://www.verywellfit.com/low-fodmap-spicy-edamame-dip-4132384) or [curried white bean and cashew dip](https://www.verywellfit.com/curried-white-bean-and-cashew-dip-4144235).

Cooking and Serving Tips: Since you're keeping the skin on (which will crisp up nicely), you'll want to thoroughly wash the potatoes. Rub them with your hands under running water, or better yet, invest in a veggie brush and scrub them down.

Here's a trick for perfect potato slices: Place the potato in between two chopsticks or skewers.

They'll prevent your knife from cutting all the way through and leave each potato slice attached to its base