

Air Fryer Stuffed Potatoes



Craving a classic side dish for your meat or fish but want a lower-fat version? This stuffed potato recipe is perfect! With cottage cheese and light sour cream, it offers a protein-packed, low-fat option (with only 2g of fat!) that's still flavourful and satisfying! Plus, cooking in an air fryer saves precious prep time. Dare to try it!

Preparation 15 min

Cooking 35 min

Servings 3

Nutrition Facts (per serving)

Calories 250

Fat 2

Carbohydrates 45

Fibre 4

Protein 13

Sodium 120

Ingredients

- 3 whole Russet potatoes, with skin, washed
- 60 ml (¼ cup) 1% cottage cheese
- 60 ml (¼ cup) 1% sour cream
- 30 ml (2 tbsp) milk

- 1 green onion, finely chopped
- Pepper and salt, to taste

Preparation

1. Place the whole potatoes in the air fryer basket, then cook at 400°F (200°C) for 30 minutes or until the potatoes are tender (a fork should easily insert). Let cool for 5 minutes.
2. On a cutting board, place the potatoes horizontally and slice off the top. Scoop out the flesh, leaving about a 1 cm border. Set aside the flesh.
3. In a bowl, mash the potato flesh with a potato masher. Add the cottage cheese, sour cream, milk, pepper, and salt, and mix well to create a smooth filling.
4. Stuff the potatoes with the filling. Sprinkle grated cheese on top.
5. Place the potatoes back in the air fryer basket and cook for 5 minutes or until the cheese is melted.
6. Top with green onion and serve.

Notes

Best consumed immediately for optimal results. Keeps up to 3 days in the refrigerator. Reheat in the air fryer.

Note: If you want to make the original version with bacon, opt for turkey bacon, which is much lower in fat! Use 1 slice per potato.



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