

**Twice-Baked Potatoes**  
**Dairy-Free and Vegan Versions**  
 Serves 2-4



*While this recipe is easy enough, it does require some advance preparation, so be sure to start baking the potatoes and soaking the tomatoes about an hour and a half before mealtime. Check out the Notes for time-saving tips and variations.*

Ingredients	Instructions
2 large russet potatoes	<b>Bake Potatoes</b> Preheat oven to 375. Prick washed potatoes 4-5 times with a small sharp knife. Bake until knife inserted into potatoes easily pierces through to center of potato, about 45 to 60 minutes. Remove from oven to cool, but leave oven on.
6-7 sun-dried tomato halves (plain, not marinated)	<b>Reconstitute Tomatoes</b> Once potatoes are in the oven, place tomatoes in a small bowl with enough water to cover. Soak until softened, about 20 to 30 minutes, then chop into small ½” pieces.
4 strips bacon  2-3 green onions, green parts only, sliced to about ½” (about ½ cup)	<b>Cook and Chop Bacon and Onions</b> While potatoes cool after baking, cook bacon until fairly crisp. Remove and chop into small, ½” pieces, reserving about 1 Tbsp. fat in skillet.  <b>Sauté Onions</b> Warm remaining bacon fat over medium heat until green onions sizzle gently when added. Cook and stir just a few minutes until onions are lightly browned.
1 Tbsp. butter ¼ cup plain, whole milk yogurt Sea salt and freshly ground pepper, to taste	<b>Prepare Filling</b> When potatoes are cool enough to handle, slice in half lengthwise. Using a small spoon, carefully scoop out the flesh, leaving about a ¼” layer of potato in the skin, and put in a medium-sized mixing bowl. Add butter, yogurt and salt and pepper and mash with a potato masher or large fork until fairly smooth.

	Add three quarters each of the chopped tomatoes, bacon and green onions and stir with large fork or spoon to mix thoroughly.
	<p><b>Stuff and Bake Potatoes</b> Using a spoon, scoop filling into potato shells, lightly packing it in to completely fill shell. Return to oven and bake another 15 to 20 minutes until potatoes are heated through.</p> <p>Serve potatoes topped with remaining tomato, bacon and onion pieces.</p>

## NOTES

**Time-Saving Tip** Microwave potatoes about 2 minutes which will speed up the baking time by 10 to 20 minutes.

**Dairy-Free Version** Having a dairy allergy, I always looked with longing at twice baked potatoes with all that lovely cheese melted over the tops. I know dairy free cheeses are available, but I haven't found one that can deliver the gooey goodness of the real stuff. Happily, however, I've discovered a way to enjoy them *sans* cheese by adding sun-dried tomatoes for the pungent saltiness of cheese.

There are some good dairy-free yogurts and butters. My favorite is Cocolune® coconut yogurt and Miyoko's® vegan butter (although I can actually have real butter, too.)

**Vegan Version** In addition to the dairy-free options above, I discovered [Pumfu Chorizo Crumble](#) makes an excellent substitute for bacon. Use about 2-3 oz. instead of the bacon called for. It helps to saute it lightly before adding. (You can do this with the green onions.)

**Pumfu** is a plant-based protein made from just organic pumpkin seeds and water. While flavored versions often contain a lot of questionable "stuff," I'm happy to report that the Chorizo variety is made with all real ingredients! (See—it *is* possible!)

**Salt** Because both bacon and the Chorizo Crumble both contain added salt, be cautious when adding salt to the potato filling.

**Green Onions**—Raw or Cooked? I am not a raw onion fan, so I always salute them lightly before adding to a dish. Some people love the sharp taste of raw green onions and if so, please skip the sautéing.

**Leftovers** Twice-Baked Potatoes make great leftovers. If you have time, reheat for 20'ish minutes in a 350 (F) oven, covered, with just a couple tablespoons of water in the baking dish. Of course if you're in a hurry, the microwave can work, too.





Use a small spoon to cut around the edge of potato half, about ¼” from the edge



Then scoop out the center flesh and place in a bowl to be mashed with butter, yogurt and salt and pepper.

Note the sun-dried tomatoes soaking in small bowl.



A tasty vegan option for the usual bacon in twice-baked potatoes.



place stuffed potatoes in small  
baking dish to bake at 375(F)



A versatile dish to complement many different  
meals. On the left, with roasted radicchio. On the  
right with creamy asparagus soup and crisped  
turkey breast topped with BBQ sauce