

## Potato Bacon Bites – by Jane Mackenzie



The recipe below makes a plate and a half of these. If you have too much, pop the mix back into the skins and freeze. A meal right there for another day 😊

### Ingredients

- 6-8 baked potatoes
- 1-2 onions
- 5 rashers of bacon – ham could be used too, or not at all if you want it to be veggie
- ½ - ¾ red pepper ( I can't remember how much I used)
- Any cheese – I used Red Leisure and cheddar (not sure how much) I grated a pile of cheese  
😊 I would say a big handful or 2 (could make without cheese if vegan)
- Salt, pepper, mixed herbs, garlic granules (fresh if you have some)

### Cooking instructions

- Cooked potatoes in the oven for approximately an hour depending on the size.
- Whilst the potatoes are cooking finely chop the onion, bacon and red pepper and fry in a pan. You could bake if you wanted to be healthier.
- Cut the potatoes in half and scoop all the potato out, pop in a big bowl and mash it up.
- Add the other ingredients and the seasoning you like and mix together. I like lots of herbs to give it more flavour.
- Make into bite size balls and pop on a baking tray. Cook on 180 for 15-20mins until brown. I can't remember the exact time as I was in the kitchen doing something else, so just checked them.

### Bonus meal

- Freeze the skins and reheat them for 10 mins for a quick easy meal high in fibre, but low carbs. I often have some fish and veg, or salad with them. If you want a bit of protein add some grated cheese when you pop them in the oven.