



BBQ Chicken Stuffed Potato



Entire recipe: 310 calories, 1.5g total fat (<0.5g sat. fat), 774mg sodium, 49.5g carbs, 3g fiber, 10.5g sugars, 24g protein

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Prep: 10 minutes **Cook:** 10 minutes

More: [Single Serving](#), [30 Minutes or Less](#), [Gluten-Free](#)



Ingredients

One 10-oz. russet potato
2 oz. cooked and shredded (or finely chopped) skinless chicken breast
2 tbsp. BBQ sauce with 45 calories or less
1 tbsp. chopped cilantro
Dash each salt and black pepper
Dash garlic powder
2 tbsp. shredded fat-free cheddar cheese
1 tbsp. fat-free sour cream
1 tbsp. chopped scallions

Directions

Pierce potato several times with a fork. On a microwave-safe plate, microwave for 3 1/2 minutes.

Flip potato, and microwave for 3 1/2 more minutes, or until soft.

In a medium microwave-safe bowl, toss chicken with BBQ sauce. Microwave for 1 minute, or until warm. Stir in cilantro.

Slice off a 2-inch-wide strip of potato skin, lengthwise, from the top of the potato. Scoop out the insides, transfer to a medium bowl, and break up with a fork.

Discard half of the potato pulp (or reserve for another use). To the remaining pulp in the bowl, add salt, pepper, and garlic powder, and mix well.

Scoop seasoned pulp into the hollowed-out potato. Evenly top with chicken mixture, and sprinkle with cheese.

On the microwave-safe plate, microwave for 1 minute, or until entire potato is hot and cheese has melted.

Top with sour cream and scallions, and enjoy!

Fun Variations! Toss your chicken with some Frank's RedHot in place of BBQ sauce, and use a little blue cheese instead of cheddar for a Buffalo Chicken Stuffed Potato. Or heat up some frozen veggies, and coat 'em in low-fat marinara for an Italian-Style Veggie Stuffed Potato!

MAKES 1 SERVING

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