



BBQ Chicken Stuffed Sweet Potato



Entire recipe: 299 calories, 5g total fat (2g sat. fat), 678mg sodium, 41g carbs, 4.5g fiber, 16.5g sugars, 22g protein

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

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Ingredients

One 8-oz. (medium) sweet potato
2 oz. cooked and chopped skinless chicken breast
2 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
1/8 tsp. garlic powder
Dash each salt and black pepper
2 tbsp. chopped fresh cilantro
1 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. light sour cream

Directions

Pierce potato several times with a fork. On a microwave-safe plate, microwave for 4 minutes, or until soft.

Slice off a 2-inch wide strip of potato skin, lengthwise, from the top of the potato. Carefully scoop out the insides, leaving about 1/4 inch inside the skin.

Discard half of the potato pulp (or reserve for another use). Place remaining pulp in a microwave-safe bowl. Add chicken, BBQ sauce, and seasonings. Mix well. Microwave for 1 minute, or until warm. Stir in 1 tbsp. cilantro.

Scoop mixture into the potato, and sprinkle with cheese. Microwave for 1 minute, or until potato is hot and cheese has melted.

Top with sour cream and remaining 1 tbsp. cilantro.

MAKES 1 SERVING

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