



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

Green Plan [SmartPoints](#)® value 10*

Blue Plan (Freestyle™) [SmartPoints](#)® value 9*

Purple Plan [SmartPoints](#)® value 4*

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)® values** for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.