Hot Honey Chicken Sweet Potato



Entire recipe: 375 calories, 5.5g total fat (0.5g sat. fat), 593mg sodium, 40.5g carbs, 5g fiber, 16g sugars, 41g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

One 5-oz. raw boneless skinless chicken breast cutlet
1/4 tsp. blackened seasoning
1/8 tsp. garlic powder
1/8 tsp. onion powder
One 8-oz. sweet potato
1/4 cup fat-free plain Greek yogurt
1 tbsp. sugar-free pancake syrup
1/8 tsp. cinnamon
1 dash salt
1/8 oz. (about 1/2 tbsp.) finely chopped pecans
1 tsp. hot honey

Directions

Spray an air fryer with non-aerosol nonstick spray. Place chicken in the air fryer, and season with blackened seasoning, garlic powder, and onion powder.

Set air fryer to 370°F (or the nearest degree). Cook chicken until cooked through, about 15 minutes. Once cool enough to handle, roughly chop.

Meanwhile, pierce potato several times with a fork. Wrap in a damp paper towel. Microwave for 3 minutes, flip it over, then microwave for another 2 minutes, or until fully tender.

In a small bowl, combine yogurt, syrup, and cinnamon. Mix well.

Once potato is cool enough to handle, transfer to a plate or bowl. Cut in half, and season with salt.

Top with yogurt mixture, chopped chicken, pecans, and hot honey.

MAKES 1 SERVING

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