



Potato Skins with Buffalo Chicken

Servings 4 | Prep time 10 mins. | Total time 55 mins.

Equipment: Skillet or pan with lid, Vegetable scrub brush, Microwave-safe dish large enough to hold sweet potatoes, Measuring cups and spoons, Bowl to mix potato, chicken and hot sauce, Cutting board.

Utensils: Two forks, Knife, Spoon.

Ingredients

12 ounces boneless, skinless chicken breast, cooked and shredded

1 cup water or enough to cover the chicken

4 medium sweet potatoes

1/4 cup hot sauce

1/4 cup non-fat milk

1/4 cup low-fat Greek yogurt

Optional Toppings

Crumbled blue cheese, chopped green onions, chopped tomatoes

Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables.
2. Preheat oven to 425 degrees.
3. Poke several holes in the sweet potatoes with the tip of a knife. Place potatoes in a microwave-safe dish and microwave on high for 8 minutes. Turn the potatoes and cook for another 5 minutes. The potatoes should now be cooked: test for doneness by inserting a fork into the potato: it should come out easily. If not, continue microwaving the potatoes in 5-minute increments.
4. Allow potatoes to cool enough to handle. When cooled, slice each potato lengthwise and scoop out the inside, leaving a ¼ inch shell.
5. Mash the potato together with the milk, Greek yogurt, and hot sauce. Add the shredded chicken and stir to combine.
6. Equally divide the chicken mixture among the potato “shells” and place them on a baking sheet.
7. Bake for 15 minutes, or until the tops start to brown slightly. Add toppings (if using).

Nutritional Information:

Calories 240

Total Fat 3g

Sodium 500mg

Total Carbs 28g

Protein 23g