



# 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
- 1 cup water or enough to cover the chicken
- 4 medium sweet potatoes (about 6 ounces each)
- 1/4 cup hot pepper sauce
- 1/4 cup fat-free milk
- 1/4 cup reduced fat sour cream
- 1/4 cup crumbled blue cheese
- 2 green onions, chopped
- 2 medium tomatoes, chopped
- 4 stalks celery, cut into 4-inch lengths

# Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Center oven rack. Preheat oven to 425 degrees.
3. Place chicken in skillet or pan with a lid. Add water. Cover with lid. Begin with high heat and reduce heat to a low simmer. Cook for about 20 minutes.
4. While chicken is simmering wash and scrub sweet potatoes. Trim as needed. Cut a one inch deep slit in each to ensure potato cooks.
5. Put potatoes in a microwave safe dish. Microwave on high, uncovered, for about 5-8 minutes. Turn the potatoes and microwave for another 3-5 minutes. (Turn to be sure the potatoes cook through and through). Push a fork into each potato to test for doneness. The fork should come out easily. Set aside to cool.
6. While potatoes are cooking, take chicken from pan. When chicken is cool enough to handle, shred using two forks to pull the chicken apart (one fork in each hand).
7. Slice each potato lengthwise. Scoop out the inside, leaving a 1/4 inch shell.
8. Mash potato along with pepper sauce, sour cream and milk.
9. Fold in blue cheese and shredded chicken.
10. Spoon mixture into each potato skin, leaving a slight dent in the center to hold fresh toppings after baking.
11. Put skins on a 9 x 13 inch baking sheet. Bake 15-20 minutes to brown the top.
12. Chop tomatoes and green onions. Cut celery into four inch sticks.
13. Sprinkle tomatoes and green onions over each potato skin. Serve celery sticks on the side to scoop into the potatoes.
14. Serve with apple slices and carrot sticks.

## Nutritional Information:

Calories 340 Total Fat 13g Sodium 640mg Total Carbs 30g Protein 25g