



Potato Skins with Buffalo Chicken

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

Equipment:

Frying pan with lid
Large microwave-safe dish
Large mixing bowl
Large baking sheet
Cutting board

Utensils:

2 forks
Knife
Spoon
Measuring cups and spoons

Ingredients

12 ounces boneless skinless chicken breast, cooked and shredded
4 medium sweet potatoes
1/4 cup hot sauce
1/2 cup low-fat milk
1/4 cup plain Greek low-fat yogurt

Optional Toppings:

1/4 cup crumbled blue cheese
2 green onions, chopped
2 medium tomatoes, chopped

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 1/4-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