

BBQ Chicken Stuffed Sweet Potatoes

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DEPOSITORY.

Serves: 4

Prep: 3 minutes | **Cook:** 11-53 minutes

INGREDIENTS

- 4 medium sweet potatoes
- 1/2 pound chicken breast, cooked
- 1/4 cup barbecue sauce
- 1/2 cup cheddar cheese, shredded
- 1/4 cup red onion, diced
- 1/4 cup fresh cilantro

DIRECTIONS

1. Microwave: Pierce sweet potatoes with a fork. Place in a microwave safe dish and microwave on high for 8-10 minutes or until fork tender.
2. Oven: Pierce sweet potatoes with a fork. Place in an oven-safe dish. Bake 400°F for 50 minutes or until fork tender.

Notes:

- Cook or reheat chicken to 165°F. Shred chicken and add in barbecue sauce. Mix until chicken is coated. Top each sweet potato with a quarter of the chicken, cheese, onion and cilantro.



Nutrition Information

Serving Size: 1 Sweet Potato

Calories	270
Total fat	6 g
Saturated Fat	3 g
Trans fat	0 g
Cholesterol	55 mg
Sodium	350 mg
Carbohydrates	34 g
Fiber	4 g
Sugars	11 g
Protein	18 g

Recipe adapted from: North Dakota State University