



BBQ Chicken Stuffed Sweet Potatoes

Easy, flavorful, and fuss-free, these stuffed sweet potatoes are a hearty option for lunch or dinner. Naturally sweet and satisfying, they're a delicious alternative to bread or tortillas. Plus, the sweet potato base adds a boost of fiber and nutrients to your plate!

Serves: 4

Serving Size: 1 stuffed potato

Ingredients

- 4 small sweet potatoes
- 3 medium chicken breasts
- $\frac{3}{4}$ cup low sodium chicken broth
- $\frac{1}{2}$ cup sliced red onion
- $\frac{3}{4}$ cup no sugar added BBQ sauce
- $\frac{1}{3}$ cup chopped cilantro
- Black pepper to taste

Directions

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper and rinse sweet potatoes with cold water. Carefully poke the sweet potatoes 5 to 6 times with a fork or sharp knife and place them on the baking sheet. Bake for about 60 minutes until soft when pierced with a fork.
3. While the potatoes are baking, add broth and chicken to a saucepan and poach until chicken is cooked through and no pink remains, about 15 minutes.
4. Remove the chicken from the pan and place in a bowl. Let cool slightly before shredding.
5. Shred chicken with two forks. Add BBQ sauce, mixing to combine.
6. Slice each cooked sweet potato in half, fill with BBQ chicken, and top with red onion and cilantro.

Nutrition Info per serving:

Calories: 252, Saturated Fat: 0.6g, Sodium: 664.6mg, Added Sugars: 0g, Fiber: 5.8g

Recipe adapted from:

<https://downshiftology.com/recipes/bbq-chicken-stuffed-sweet-potatoes/#wprm-recipe-container-33832>