

BBQ CHICKEN STUFFED SWEET POTATOES

Serves 4-6

Ingredients

- 5 small **sweet potatoes**
- 1/4 cup **BBQ sauce** (your favorite store-bought brand)
- 1/4 teaspoon **garlic powder**
- 1/4 teaspoon **onion powder**
- 1/4 teaspoon ground **black pepper**
- 1/2 teaspoon **smoked paprika**, optional
- 3 cups shredded **rotisserie chicken**
- **Optional toppings:** Sour cream (or Greek yogurt for more protein), chopped green onions, cilantro, pickled red onions, shredded cheese, hot sauce

Nutrition Facts*

1 small potato + 1/2 cup chicken
(optional ingredients not included)

Calories: 270

Protein: 23 grams

Total Carbohydrates: 25 grams

Dietary Fiber: 3 grams

Total Fat: 8 grams

**Nutrition facts are an estimate and vary based on serving size.*

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Directions

- 1 Bake the sweet potatoes: Preheat oven to 400°F. Prick each sweet potato a few times with a fork and place on a parchment or foil lined baking sheet. Roast for 45 to 60 minutes, until juices start to develop, and potatoes soften.
- 2 Prepare the BBQ sauce: While sweet potatoes roast, mix BBQ sauce with garlic powder, onion powder, black pepper and smoked paprika (if using) in a small bowl.
- 3 Prepare the BBQ chicken: Add the chicken to a pan and warm over medium-low heat. Add the BBQ sauce mixture to the pan and combine with the chicken. Heat until the chicken is warmed through. Adjust seasonings or add more BBQ sauce, if desired.
- 4 Serve: Once sweet potatoes are done, slice them open lengthwise and press the ends together to create a place for the filling. Spoon BBQ chicken into each sweet potato. Add desired toppings. Serve warm.



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