

BBQ CHICKEN SWEET POTATO BOATS

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 8 (Serving = 1 sweet potato boat)

Nutrition (per serving)

Calories: 196

Total Fat: 5 g

Saturated Fat: 1 g

Sodium: 331 mg

Total Carbohydrate: 24 g

Dietary Fiber: 4 g

Total Sugars: 12 g

Protein: 15 g



Ingredients

- Non-stick cooking spray
- 4 medium sweet potatoes
- 1 Tablespoon olive oil
- 16 ounces ground chicken breast
- 1 red onion, chopped (reserve ½ cup for topping)
- 3 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon crushed red pepper flakes
- ½ cup barbecue sauce (reserve ¼ cup for topping)
(choose gluten free for GF version)
- 1 avocado, seeded, peeled, and chopped
- ¼ cup fresh cilantro leaves



OSF
HEALTHCARE

Directions

1. Preheat oven to 400° F. Spray a foil-lined baking sheet with non-stick cooking spray.
2. Line sweet potatoes on baking sheet, and roast in the oven for 45-55 minutes, or until fork tender.
3. While potatoes are cooking, heat olive oil in a large skillet over medium heat.
4. Add ground chicken and chopped onions and cook until chicken is no longer pink and onions are translucent, about 5-7 minutes.
5. Use a spatula to break chicken into small ground pieces while cooking. Add the garlic, salt, pepper, red pepper flakes, and ¼ cup of barbecue sauce. Mix thoroughly and reduce heat to low.
6. Once cool enough to touch, cut potatoes in half length-wise and scoop out most of the flesh into a medium bowl. Remove enough of the flesh to create a “well” in each potato half. Mash sweet potato with fork or masher.
7. Add ground chicken mixture and mix to combine.
8. Evenly fill each of the sweet potato halves with the chicken/potato mixture.
9. Top each half with the remaining onions and barbecue sauce, and garnish with the avocado and cilantro.