

Barbecue Chicken Stuffed Sweet Potato Skins

Servings: 2

Slightly adapted from

<http://www.howsweeteats.com/2012/02/bbq-chicken-stuffed-sweet-potato-skins/>

Ingredients

2 medium sweet potatoes (fat and round ones work best)

1 boneless, skinless chicken breasts, cooked and shredded

1/4 cup barbecue sauce

1/4 cup grated cheddar cheese

1/8 teaspoon salt

1/4 teaspoon pepper

1/2 medium red onion, thinly sliced

1 teaspoon olive oil + more for brushing

Fresh cilantro

Preparation

1) Preheat oven to 400 degrees F.

2) Cut sweet potatoes in half lengthwise, then lay them cut side down on a foil-lined baking sheet. Bake for 30-35 minutes, or until soft. Once finished, let cool until you can touch them.

2) While potatoes are baking, heat a skillet over medium-low heat and add olive oil. Add sliced onions and 1/8 teaspoon salt, then cook until caramelized, stirring occasionally, for 15-20 minutes. Add shredded chicken to a bowl and mix with 1/8 cup BBQ sauce. Set aside.

3) Once potatoes are cool enough to handle, scoop out sweet potato flesh, leaving just the slightest bit in the skin. Set aside about half of the sweet potato flesh (can use for another use).

4) Take the other half of potato flesh and mash it with 1/8 cup cheddar cheese and 1/4 teaspoon pepper.

5) Place potato skins on a baking sheet cut-side down, then brush or spray the skin with olive oil and sprinkle with salt and pepper if desired. Cook for 10 minutes, then flip and cook for 3-4 minutes more.

6) Remove skin from the oven and fill each the cheddar sweet potato mash, barbecue chicken, and caramelized red onions. Top with additional cheddar and place on the baking sheet, repeating with remaining potatoes. Bake for 4-5 minutes more, then serve hot and top with cilantro.