

Stuffed Sweet Potato



1 large sweet potato

1/2 cup chicken breast, cooked and shredded

1/4 teaspoon chili powder

1/4 teaspoon cumin

1 Tablespoon shredded nonfat mozzarella
cheese

1/4 avocado, diced

2 scallions, thinly sliced

Instructions: Preheat oven to 400 degrees Fahrenheit. Poke holes all over the sweet potato with a fork. Bake on a baking sheet for 45-50 minutes or until soft. Once potato is done, cut a slit in the top and carefully scoop out the flesh, reserving the skin. Add the potato flesh to a bowl and mash. Add the chicken breast, chili powder, and cumin to the bowl and mix until well combined. Scoop the mixture back into the potato skin and top with mozzarella cheese. Place the potato back into the oven for 2-3 minutes or until cheese is melted. Remove from oven and top with avocado and scallions. Serve and enjoy!

Yield: 1 serving

Nutrition Facts (per serving): 280 calories, 9 grams fat, 190 milligrams sodium, 32 grams carbohydrate, 8 grams fiber, 19 grams protein