



Barbecue Chicken Baked Sweet Potatoes

Total Time: 55 min.

Prep Time: 10 min.

Cooking Time: 45 min.

Yield: 2 servings, 1 sweet potato and about $\frac{3}{4}$ cup chicken each

Ingredients:

2 small sweet potatoes, washed, pierced several times with a fork

$1\frac{1}{2}$ cups shredded cooked chicken breast, boneless, skinless, warm

$\frac{1}{4}$ cup barbecue sauce, reduced-sugar, warm

$\frac{1}{4}$ cup Quick Pickled Red Onions (or 2 Tbsp. chopped red onions) (optional)

1 Tbsp. finely chopped fresh parsley (or cilantro) (for garnish; optional)

Preparation:

1. Preheat oven to 400° F.

2. Place sweet potatoes on a baking sheet. Pierce each sweet potato 3 to 4 times with a fork. Bake for 35 to 45 minutes, or until tender.

3. While sweet potato is baking, combine chicken and barbecue sauce in a small bowl; mix well. Set aside.

4. Cut sweet potatoes in half lengthwise.

5. Top sweet potatoes evenly Quick Pickled Red Onions and chicken mixture. Sprinkle evenly with parsley; serve immediately.

Tips:

- Look for barbecue sauce that has an ingredient list that does not contain artificial sweeteners, additives, or preservatives. There are many brands on the market that are sweetened with small amounts of honey, maple syrup, or molasses.
- Use Healthy Barbecue Sauce as a homemade alternative to store-bought barbecue sauce.

