



FAJITA STUFFED SWEET POTATO



INGREDIENTS:

- 1 4 oz sweet potato
- 3 oz cooked shredded chicken
- 1/2 bell pepper
- 1/2 small onion
- 1 oz reduced shredded fat cheese
- 2 tbsp salsa
- 2 oz avocado

DIRECTIONS:

- 1) Preheat oven to 350 F
 - 2) Pierce the potato using a fork and wrap in a paper towel
 - 3) Microwave on high for ~5 minutes, turn, and microwave for another 3 minutes (this step will lessen the cook time in the oven)
 - 4) The potato should feel softer, wrap in aluminum foil and bake for ~20 minutes
 - 5) While the potato bakes, chop the onion and bell pepper
 - 6) Heat a pan on medium heat, lightly spray with cooking oil
 - 7) Once pan is hot add onion, cook until translucent. Add bell pepper and shredded chicken, cook for ~5 minutes
 - 8) Once the potato is cooked, remove it from the oven, slice it down the middle, mash the sides, and fill it as much of the fajita mix as you can fit (have the remainder on the side)
 - 9) Top the potato with cheese and bake until the cheese melts (~5 minutes)
 - 10) Serve with salsa and avocado
- Enjoy!

Makes 1 Serving

Calories: 376 | Protein: 29 g | Carbs: 37 g | Fat: 16 g