



Chicken & Cranberry Sweet Potato Skins

Yield: 4 sweet potato skins

Serving Size: 1 sweet potato skin

These stuffed sweet potato skins are so easy to throw together, and they taste much more sophisticated than the traditional potato skins. The tangy cranberries combined with the crispy skins and melted cheese is pure bliss! To reheat any extras leftover, either microwave for 30-45 seconds or place in the oven at 350°F for a few minutes until warmed through.

Ingredients

- 2 smallish medium sweet potatoes, previously baked & hollowed out
- 1/8 tsp (1g) salt
- 4 c (120g) fresh spinach, chopped
- 1/2 c (53g) fresh cranberries, diced
- 12 oz grilled chicken breast, diced
- 2 tbsp (14g) finely shredded mozzarella

Method

1. Preheat the oven to 375°F, and line a baking sheet with foil. Lightly coat the foil with nonstick cooking spray. Place the 4 sweet potato halves skin side up, and lightly coat with nonstick cooking spray. Sprinkle with the salt. Bake at 375°F for 15 minutes.
2. While the sweet potato skins bake, prepare the filling. Lightly coat a large pan with nonstick cooking spray, and briefly preheat over medium-low heat. Add the spinach, and sauté until it has wilted. Add in the cranberries and chicken, and continue to sauté until they're warmed through.
3. Flip over the sweet potato skins, and divide the filling between them. Top each with 1 1/2 teaspoons of mozzarella. Bake at 375°F for 7-10 minutes, or until the cheese has melted. Cool on the pan for 1-2 minutes before serving.

Notes: For Thanksgiving leftovers, substitute diced turkey breast for the chicken and cranberry sauce (made with fresh berries, not canned) for the cranberries. If you prefer regular potatoes instead of sweet potatoes, use those skins instead.

To bake and hollow out the sweet potatoes, liberally pierce each with a fork. Place on a microwavesafe plate, and microwave on HIGH for 8-10 minutes, flipping the sweet potatoes upside down halfway through, or until fork tender. Let them rest for 5-10 minutes before scraping out the insides, leaving a 1/4" border. After hollowed out, the 4 sweet potato skins I used totaled 214 grams.

{gluten-free, clean eating, low fat, low calorie, low carb, high protein}