BBQ Chicken Stuffed Sweet Potatoes
Serves 4

Ingredients:
- 2 medium sweet potatoes, halved
- 1 lb. boneless skinless chicken breasts, cooked and shredded
- 1/3 cup low sugar BBQ sauce
- Green onions or parsley for garnish (optional)

Directions:
1. Preheat oven to 425 degrees.
2. Place halved sweet potatoes, cut side up, on baking sheet. Roast until tender, 30-35 minutes, depending on the size of sweet potatoes.
3. In a medium saucepan, mix BBQ sauce and cooked, shredded chicken over low heat until warm.
4. Top each potato half with ¼ chicken mixture and sprinkle garnish on top.

Nutrition Information:
Calories: 224, Fat: 2 g, Carbohydrate: 13 g, Fiber: g, Protein: 25 g