

# #LetsCook30

## BBQ CHICKEN STUFFED SWEET POTATOES

**Servings:** 2

**Ready in about:** 60 minutes – see tip to save time.

1 large	sweet potato
1 tbsp	olive or vegetable oil
1 pinch	salt
1	rotisserie chicken breast
1 cup	red cabbage, shredded
1/3 cup	barbeque sauce
1 cup	frozen peas
2 tbsp	green onions, thinly sliced

### INSTRUCTIONS:

1. Preheat oven to 425°F. Line a small baking sheet with parchment paper.
2. Use a fork to prick holes all over the sweet potato. Transfer the sweet potato to the prepared baking sheet.
3. Bake for 40 – 45 minutes, until the sweet potato is tender when pierced with a paring knife or skewer.
4. Using a sharp knife, carve out one of the breasts from the rotisserie chicken. If the chicken is small, use both breasts. Chop the chicken breast into small pieces and set aside.
5. Add the cabbage to a frying pan over medium heat. Add the barbeque sauce and sauté until the cabbage starts to soften, about 3 minutes.
6. Add the chopped chicken and frozen peas and stir just to heat through. Remove the pan from the heat.
7. Once the sweet potato is cool enough to handle, slice it in half lengthwise and scoop out the flesh with a spoon until a 1/4 inch layer remains.
8. Fill the sweet potato skins with the chicken and cabbage filling, drizzle with barbeque sauce and top with the sliced green onions.
9. Serve the sweet potato mash on the side.

### TIP:

To save time, microwave each sweet potato for 5 minutes or until fork tender and then follow Step 4.

Adapted from: 5-Ingredient BBQ Chicken-Stuffed Sweet Potatoes. [www.tasty.com](http://www.tasty.com). Accessed 2019.

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