

# Barbecue Chicken Stuffed Baked Potatoes

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For this meal-on-a-spud we jump-start the potatoes in the microwave and then finish them in the oven so they get all crispy on the outside. Use leftover or rotisserie chicken to make this healthy dinner in a jiff. Serve with a salad or some cooked greens.

Ivy Odom

**Active:** 15 mins**Total:** 35 mins**Servings:** 4

## Ingredients

4 medium russet potatoes

2 cups shredded, cooked chicken breast

½ cup low-sodium chicken broth

1 ½ tablespoons butter

½ teaspoon salt

¼ teaspoon ground pepper

⅓ cup shredded Cheddar cheese

¼ cup sour cream

¼ cup barbecue sauce

¼ cup chopped scallions

## Directions

### Step 1

Pierce potatoes all over with a fork. Place in the microwave and cook on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425 degrees F until tender, about 45 minutes.) Transfer to a clean cutting board and let cool slightly.

### Step 2

Preheat oven to 425 degrees F.

### Step 3

Heat chicken and broth in a small saucepan over medium heat until hot. Keep warm.

### Step 4

Holding each potato with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh. Divide butter, salt and pepper among the potatoes, scraping with a fork to incorporate the butter.

### Step 5

Top the potatoes with the chicken mixture and sprinkle with Cheddar. Place on a rimmed baking sheet.

### **Step 6**

Bake until the cheese is melted, 3 to 4 minutes. Serve the potatoes topped with sour cream, barbecue sauce and scallions.

### **Nutrition Facts**

**Serving Size:** 1 stuffed potato **Per Serving:** 420 calories; protein 29.6g; carbohydrates 47.2g; dietary fiber 3.1g; sugars 7.6g; fat 12.7g; saturated fat 6.5g; cholesterol 87.3mg; vitamin a iu 420.5IU; vitamin c 13.5mg; folate 40.4mcg; calcium 129.9mg; iron 2.9mg; magnesium 77.1mg; potassium 1175.2mg; sodium 602.9mg.

### **Exchanges:**

3 lean protein, 2 1/2 starch, 1 1/2 fat, 1/2 other carbohydrate

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