

BBQ Sweet Potato Boats

8 Servings • 1 Serving = 1 Sweet Potato Boat



INGREDIENTS

- 4 medium sweet potatoes
- 1 Tablespoon olive oil
- 16 ounces lean ground chicken or 1 ½ cup cooked turkey (chopped)
- 1 red onion, finely chopped, ½ cup divided
- 3 cloves garlic, minced
- 1 red bell pepper, finely chopped, ½ cup divided
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon crushed red pepper flakes
- ½ cup barbecue sauce, ¼ cup divided
- 1 avocado, flesh removed and chopped
- ¼ cup fresh cilantro leaves, chopped

DIRECTIONS

1. Preheat oven to 400°F. Spray a foil-lined pan with cooking spray. Line potatoes on the pan, and roast in the oven for 45-55 minutes, or until fork tender.
2. Once the potatoes are done baking, heat oil in a large skillet over medium heat. Add the chicken or turkey and onion and cook. If using chicken, break the chicken into smaller pieces while cooking. When the chicken is no longer pink, add the garlic, bell pepper, salt, pepper, red pepper flakes, and ¼ cup barbecue sauce. If using turkey, let it heat for a few minutes, then add the ingredients in the same order. Mix well and turn heat to low.
3. Once cool enough to touch, cut potatoes in half lengthwise. Using a spoon, scoop out most of the potato pulp, leaving a centimeter-wide border around the edge of the potato. Place pulp in a medium bowl and mash with a fork or potato masher. Add pulp to chicken or turkey and mix well.
4. Evenly divide the mixture among the 8 potato halves. Top each half with avocado, cilantro, remaining onion, remaining red pepper, and remaining barbecue sauce.

Nutrition Facts

8 servings per container
Serving size 1 Sweet Potato Boat

Amount per serving	
Calories	200
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 390mg	17%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 148mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

chefa.org

@CHEFSanAntonio



© Culinary Health Education for Families