



POTATO SKINS WITH BUFFALO CHICKEN

This lively dish gives a nod to buffalo chicken wings but without extra fat and calories. Start with a foundation of nutritious potatoes, naturally high in potassium, vitamin C, and fiber, and replace fried wings with shredded chicken breast and top with fresh tomatoes and onions. Don't forget the celery sticks.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

- 12 oz boneless, skinless chicken breast
- 1 cup water
- 4 medium russet potatoes (about 6 oz each)
- 3 tbsp hot pepper sauce
- ¼ cup non-fat milk
- ¼ cup fat-reduced sour cream
- 2 tbsp margarine
- ¼ cup crumbled blue cheese
- 2 green onions
- 2 medium tomatoes
- 4 celery stalks

DIRECTIONS:

Center oven rack and preheat oven to 425 °F. Place chicken in a sauté pan, add water, and cover. Simmer for 20 minutes and remove from pan; let cool slightly. When chicken is cool enough to handle, shred using two forks, one in each hand. While chicken is simmering, prepare remaining ingredients: Wash and scrub potatoes with a clean vegetable brush under running water and slit each one lengthwise about 1-inch deep. Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly. Slice each potato in half length-wise, scoop out potato, leaving a ¼-inch shell. Mash potato together with hot pepper sauce, sour cream, margarine, and milk. Fold in blue cheese and shredded chicken. Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking). Place filled potato skins on a 9x13" baking sheet and bake about 15-20 minutes until tops are golden brown. Dice tomatoes and green onions. Cut celery stalks into four-inch sticks. To serve, top potatoes with onions and tomatoes. Serve celery sticks on the side for scooping potato contents.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk and apple slices (½ a small apple per serving).

Recipe Submitted by Produce For Better Health Foundation



Food Group Amounts	
Dairy	¼ cup
Fruits	--
Vegetables	2¼ cups
Grains	--
Protein	1½ oz

Nutrition Facts	
Serving Size 376 g	
Amount Per Serving	
Calories 360	Calories from Fat 110
<i>%Daily Value*</i>	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 550mg	23%
Total Carbohydrate 44g	15%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 20g	
Vitamin A 25%	Vitamin C 60%
Calcium 15%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

