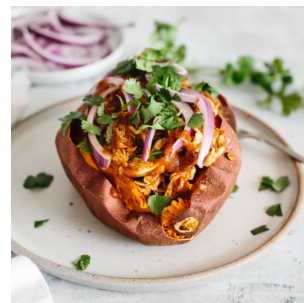


BBQ Chicken Stuffed Sweet Potatoes

Stuffed sweet potatoes with BBQ chicken, red onion and cilantro. It's easy, no fuss, healthy and naturally gluten-free, paleo and Whole30. Watch the video above to see how quickly it comes together!



Prep Time 10 mins	Cook Time 1 hr	Total Time 1 hr 10 mins
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Course: Main Course Cuisine: American

★★★★★
5 from 18 votes

Keyword: BBQ Stuffed Sweet Potato, Paleo Sweet Potato, Stuffed Sweet Potato, Whole30 Sweet Potato

Servings: 4 servings Author: Lisa Bryan

Ingredients

- 4 sweet potatoes
- 3 medium chicken breasts
- 2 tbsp avocado oil or olive oil
- 3/4 cup chicken broth
- 8 ounces or more BBQ sauce
- 1/2 cup sliced red onion
- 1/3 cup chopped cilantro
- salt and pepper to taste

Instructions

1. Preheat your oven to 400 degrees fahrenheit.
2. Line a baking sheet with parchment paper and wash your sweet potatoes. Poke the sweet potatoes 5-6 times with a fork or sharp knife, place them on the baking sheet and bake for 60 minutes. If you have large or small sweet potatoes you may need to adjust the bake time.
3. While the sweet potatoes are baking, drizzle the oil in a sauté pan on medium heat. Add the chicken breasts, season with salt and pepper and cook for 5 minutes. Flip the chicken over, add the chicken broth, cover the pan and cook for an additional 7-10 minutes or until the chicken is cooked through (to 165 degrees fahrenheit). Remove the chicken from pan and shred with two forks or a stand mixer (see my Shredded Chicken post for more details).
4. Add the shredded chicken to a bowl and mix with the BBQ sauce.
5. Slice each sweet potato in half, fill with BBQ chicken and top with red onion and cilantro.

Nutrition

Serving: 1 stuffed sweet potato | Calories: 327.2kcal | Carbohydrates: 31.7g | Protein: 30.4g | Fat: 7.6g | Saturated Fat: 1.7g | Cholesterol: 76.5mg | Sodium: 422.8mg | Fiber: 5.1g | Sugar: 12.3g

Crispy Skillet Gnocchi with Vegetables & Feta

Serves: 4

Ingredients

Produce

- 1 small onion, halved and sliced thin
- 6 garlic cloves, minced
- 1 pound cherry tomatoes
- 1 zucchini (8 ounces), quartered lengthwise and sliced ½ inch thick
- 1 green bell pepper, stemmed, seeded, and cut into 1-inch pieces
- Chopped fresh mint or basil (for garnish)

Pantry

- 1 pound shelf-stable gnocchi
- 6 tablespoons extra-virgin olive oil, plus extra for serving
- 1 1/2 teaspoons table salt
- 1 teaspoon pepper
- 1 teaspoon dried oregano

Dairy

- 1 1/2 ounces feta cheese, crumbled (1/3 cup)
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Directions

Step 1

Separate gnocchi and arrange in a single layer in a 12-inch nonstick skillet. Drizzle oil evenly over gnocchi. Place skillet over medium-high heat and cook, without moving gnocchi, until well browned on one side, 5 to 8 minutes. Stir and continue to cook until the second side of most pieces is lightly crisp, 1 to 2 minutes longer. Using a slotted spoon, transfer gnocchi to a large plate, leaving oil in the skillet.

Step 2

Reduce heat to medium. Add onion to skillet and cook until starting to soften, about 3 minutes. Stir in garlic and cook until fragrant, about 30 seconds.

Step 3

Stir in tomatoes, zucchini, bell pepper, salt, pepper, and oregano. Cover and cook, stirring occasionally, until most tomatoes have burst and zucchini and bell pepper are just tender, 6 to 8 minutes.

Step 4

Uncover and continue to cook, gently pressing tomatoes with the back of a wooden spoon or spatula to make sure they've burst, until juices are thickened and mixture is cohesive, 1 to 2 minutes.

Step 5

Off heat, stir in gnocchi. Divide among 4 shallow bowls and garnish with feta and herbs. Drizzle with extra olive oil and serve.

Heirloom Tomato & Herb BLTs

Hands-On Time: 20 mins

Total Time: 30 mins

Serves: 4

Pro tip: crisp up your bacon in the oven to make this meal even easier.

Ingredients

- Bacon slices (about 8)
 - ½ bunch fresh basil, divided
 - 2 tablespoons fresh dill, divided
 - ½ cup mayonnaise
 - 1 garlic clove, finely grated or minced
 - 8 slices bread, toasted if desired
 - 8–12 heirloom tomato slices (from about 2 medium tomatoes)
 - Kosher salt and black pepper, to taste
 - 2 cups mixed greens
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Directions

Step 1

Preheat oven to 450°F. Arrange bacon in a single layer on a large rimmed baking sheet lined with foil. Bake, flipping once halfway through, until browned and crispy, 15–20 minutes. Transfer to a towel-lined plate.

Step 2

Finely chop half of the basil and 1 tablespoon dill; place in a small bowl. Stir in mayonnaise and garlic.

Step 3

Spread about 1 tablespoon herby mayonnaise on 1 side of each bread slice. Top 4 slices with 2–3 tomato slices each, sprinkling evenly with salt and pepper. Add mixed greens, the remaining basil leaves and dill, and 2 bacon slices each. Top with remaining bread slices, mayo side down. Cut in half with a serrated knife and serve.

Ricotta-Spinach Tacos



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 30 min

Prep: 15 min

Cook: 15 min

Yield: 4 servings

Ingredients:

18 ounces ricotta (preferably fresh), at room temperature
2 tablespoons chopped fresh cilantro
3 cloves garlic, chopped
Kosher salt
1 tablespoon vegetable oil
1 white onion, sliced into 1/2-inch-thick rings
2 (4-ounce) cans sliced green chile peppers, drained
2 bunches fresh spinach (about 1 pound), stemmed
1/2 teaspoon ground cumin
8 to 12 corn tortillas
Salsa verde, for serving

Directions:

- 1 Combine the ricotta, cilantro and 1 clove garlic in a medium bowl and season with salt.
- 2 Heat the vegetable oil in a large skillet over high heat. Add the onion and cook without stirring until lightly browned, 1 to 2 minutes. Stir and continue cooking until the onion begins to soften, about 2 minutes. Add the chiles, spinach (in batches) and cumin and cook, stirring, until the spinach begins to wilt. Add the remaining 2 cloves garlic and cook until the spinach is completely wilted, about 3 more minutes. Season with salt; transfer to a bowl and keep warm.
- 3 Warm the tortillas in a dry skillet or wrap in a damp towel and microwave 1 to 2 minutes. Divide the spinach mixture among the tortillas, top with the ricotta mixture and a spoonful of salsa verde and fold. Serve with more salsa.
- 4 Per serving: Calories 315; Fat 12 g (Saturated 5 g); Cholesterol 29 mg; Sodium 381 mg; Carbohydrate 43 g; Fiber 9 g; Protein 12 g



Photograph by Antonis Achilleos
Courtesy of Food Network Magazine

Slow-Cooker Buffalo Chicken Chili



Recipe courtesy of Jessica D'Ambrosio for Food Network Kitchen
From: Food Network Magazine



This recipe is the perfect mashup of two classics: buffalo chicken and chili. Slow cooking the chicken breasts with the vegetables and buffalo sauce results in very tender pull-apart meat that's the perfect texture for chili.

Level: Easy

Total: 6 hr 25 min

Active: 25 min

Yield: 4 to 6 servings

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 3 stalks celery, chopped
- 3 cloves garlic, finely chopped
- 2 teaspoons chili powder
- Kosher salt and freshly ground pepper
- 2 14.5-ounce cans pinto beans, drained and rinsed
- 1 14.5-ounce can fire-roasted diced tomatoes
- 2 cups low-sodium chicken broth
- 2/3 cup Buffalo sauce, such as Frank's RedHot
- 1 1/2 pounds skinless, boneless chicken breasts
- 3 ounces cream cheese
- Thawed frozen fire-roasted corn, sliced scallions, crumbled blue cheese, shredded pepper Jack cheese and crushed tortilla chips, for topping

Directions:

- 1** Heat the olive oil in a large nonstick skillet over medium heat. Add the onion and celery and cook, stirring occasionally, until softened, 7 to 8 minutes. Add the garlic and cook until softened, 30 seconds to 1 minute. Stir in the chili powder, 1/2 teaspoon salt and a few grinds of pepper and cook, stirring, until the spices are toasted, about 2 minutes.
- 2** Transfer the mixture to a 6- to 8-quart slow cooker along with the pinto beans, tomatoes, chicken broth and Buffalo sauce. Mix to combine. Add the chicken breasts, making sure they are submerged in the liquid. Cover and cook on low until the chicken is very tender, 6 to 7 hours.
- 3** Using 2 forks, shred the chicken in the slow cooker. Cut the cream cheese into small cubes and add to the slow cooker. Stir until the cream cheese melts completely. Season with salt and pepper. Divide among bowls and serve with assorted toppings.



Photograph by Andrew Purcell