



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Healthy Chipotle Chicken Sweet Potato Skins

<http://www.halfbakedharvest.com/healthy-chipotle-chicken-sweet-potato-skins>; **Modifications in red** by Laura McKay, B.S., Health Educator

Prep time: 15 min; Cook time 1 hour 20 min; Total time: 1 hour 20 min

\*You can modify these by using **WHITE POTATO** if prefer. If not a fan of chipotle, you can use any desired seasonings of choice. You can top these with your salsa of choice or mashed up avocado. Another option for spinach is kale. You can add diced uncured bacon of choice in with the chicken. You can make mashed sweet or white potatoes with the extra that you scoop out by using ghee and any alternative milk of choice for another meal. ~ Laura



### Ingredients

3 medium sweet potatoes

3/4 pound (about 2 small) boneless skinless chicken breast

1/4 cups olive oil

2 tablespoon fresh lime juice

2 cloves garlic, minced or grated

3 whole chipotle pepper, minced

1 teaspoon dried oregano

1 teaspoon cumin

2 teaspoons chili powder  
salt and pepper

2 (half a 10oz bag) cups spinach

5 ounces sharp white cheddar cheese, grated (**omit if dairy/mold sensitive**)

chopped cilantro, for garnish

greek yogurt, for serving (**can use plain coconut**

**greek yogurt or omit altogether if dairy/mold sensitive**)

### Instructions:

Preheat your oven to 350 degrees. Wash your sweet potatoes and prick all over with a fork. Place in the oven and bake for 50-60 minutes or until fork tender. Place your chicken in a baking dish and rub with a tablespoon of olive oil, salt and pepper. Place in the oven with the potatoes and bake for 25 minutes. Allow to cool and shred the chicken with a fork or your hands. When the sweet potatoes are done cut in half and allow to cool for 5-10 minutes.

In a medium size bowl combine the olive oil, lime juice, garlic, chipotle peppers, oregano, cumin, chili powder, salt and pepper. Set aside.

Heat a small skillet over medium heat and wilt the spinach (this can also be done in the microwave). Toss the spinach and shredded chicken together, set aside and keep warm.

Turn the oven up to 400 degrees. Scrape the sweet potato out of the peel, leaving a medium size layer of flesh inside with the peel so that it can stand up on its own (I reserved the remaining flesh, for another use) and place in a baking dish.

Brush the skins with a little of the chipotle sauce and bake for 5-10 minutes until nice and crisp. While the skins bake mix the spinach, chicken and chipotle sauce together. Remove skins from the oven and stuff with the chicken mixture, top with shredded cheese and bake for 10 minutes or until the cheese has melted and the skins are hot and crisp. Serve with fresh chopped cilantro and greek yogurt if desired.

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