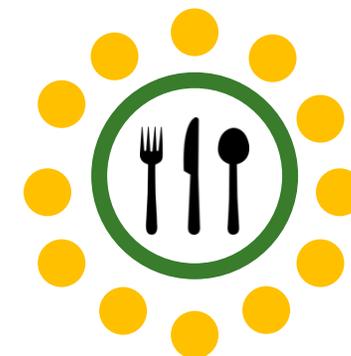


recipe of the week:

Healthy Chipotle Chicken Sweet Potato Skins



ingredients:	directions:
3 medium sweet potatoes	1. 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.
3/4 pound boneless skinless breast	2. In a medium size bowl combine the olive oil, lime juice, garlic, chipotle peppers, oregano, cumin, chili powder, salt and pepper. Set aside.
1/4 cups olive oil	3. 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.
2 tablespoon fresh lime juice	4. 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.
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 cups spinach	

Presented by:

