

Barbecue Chicken and Sweet Potatoes

Saleha · 05/11/2021



Prep Time

1 hour 30 minutes

Difficulty

Easy

Servings

4

Description

Barbecue chicken sweet potatoes are a simple delicious, healthy dish for lunch or dinner that requires just a few ingredients. Bake sweet potatoes, then fill them with chopped chicken cooked in BBQ sauce and garnish with slices of fresh red onion and cilantro to make a delicious and filling gluten-free Paleo, as well as a Whole30 recipe. If you've never filled sweet potatoes before you're in for an absolutely delicious treat. It's an excellent meal for the week that'll keep you satisfied. It's also great for game nights. Check out the step-by-step instructions below for preparing the perfect barbecue chicken sweet potatoes

Ingredients

- 4 medium sweet potatoes
- 1 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 2 c. shredded rotisserie chicken
- 1/2 c. barbecue sauce, plus more for serving
- 2 cloves garlic, minced
- 1/2 small red onion, thinly sliced into quarter moons
- 1 small jalapeño, thinly sliced
- 1 c. shredded smoked Gouda

Instructions

1. Preheat oven to 375°. Place sweet potatoes on a large baking sheet. Toss with oil and season with salt and pepper.
2. Bake until tender, about 1 hour, depending on size. Let cool slightly, then, using a paring knife, slice along top of each sweet potato and push in both ends to create a well.
3. In a medium bowl, toss chicken with barbecue sauce and garlic. Stuff into sweet potatoes, then top with red onion, jalapeño, and Gouda. Return to oven and bake until cheese is melty and chicken is warmed through, about 15 minutes more.
4. Drizzle with barbecue sauce before serving.