

BLUE CHEESE AND CHICKEN STUFFED BAKED POTATOES



Time
60min



Servings
4

Calcium Recommended Daily Intake
19.80%

Calories
347

Calcium
198mg

Protein
25g

Vitamin D
0.72 IU

Ingredients

- 350g boneless, skinless chicken breast
- 250 ml of water
- 4 medium-sized potatoes
- 3 Tbsp hot pepper sauce
- 60 ml milk
- 60 ml fat-reduced sour cream
- 2 tbsp margarine
- 25 g crumbled blue cheese
- 2 green onions
- 4 celery stalks
- 2 medium tomatoes

Instructions

1. Preheat oven to 220 °C
2. Place chicken in a sauté pan, add water, and cover. Simmer for 20 minutes and remove from pan; let cool slightly. When chicken cools, shred with fork.
3. Wash and scrub potatoes under running water and slit each one lengthwise about 2.50 cm deep.
4. Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly.
5. Slice each potato in half length-wise, scoop out potato, leaving a 1/4 inch shell. Mash potato together with hot pepper sauce, sour cream, margarine, and milk. Fold in blue cheese and shredded chicken.
6. Spoon mixture into potato skins, slightly denting centre (to hold fresh toppings after baking).
7. Place filled potato skins on a 9x13" baking sheet and bake about 15-20 minutes at centre rack of oven, until golden brown.
8. 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.