



Smashed Loaded Sweet Potato



prep time
5-10 min



total time
35-70 min
depends on how
sweet potato is baked



servings
2

Ingredients

- 1-2 sweet potatoes/200-400 grams
Baked, still warm, cut in half lengthwise ~ 2-4 carb servings
- ¼ cup Store bought or Street Parking BBQ sauce
- ¼ red onion thinly sliced
~ ½ veggie serving
- 1 jalapeño thinly sliced (optional)
~ 1 veggie serving
- ~230 grams rotisserie chicken cooked, shredded ~ 10 protein servings
- 1 cup/150 grams fresh mozzarella, torn into small chunks
~ 5 protein, 1.5 fat
- ¼ cup Cilantro

Note: You might need to increase the topping based on how many sweet potatoes you use.

 main course

Instructions

- 1 Preheat oven to 450°F
- 2 Bake Sweet potato for 30 min in oven/10+ min in microwave. Cut in half.
- 3 On a baking sheet lined with parchment paper, lay both sides of the sweet potato skin side down. Lightly drizzle with olive oil and top with a piece of parchment.
- 4 Using a heavy skillet or frying pan, smash each potato half into a thick oval.
- 5 Peel off the parchment and top the sweet potato rounds with a little more olive oil, and a sprinkle of sea salt. Place in the oven for 10 to 15 minutes until the top of the sweet potato begins to crisp.
- 6 Top both pieces of sweet potato with barbecue sauce, onions, jalapeños, shredded chicken, and cheese. Return to oven for 10 to 15 minutes until cheese is bubbly.
- 7 Allow to rest for a few minutes before transferring to plate with a pancake flipper or other broad spatula. Top with a drizzle of ranch (optional) and a sprinkle of cilantro. Enjoy!



Whole Recipe Breakdown:
15 Servings Protein
2-4 Servings Carb
1.5 Servings Fat
1.5 Servings Veggies

