Chicken-Stuffed Spuds

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Servings: 4

4 baking potatoes (Russet)
1 tablespoon olive oil
1 bunch (1/4 cup) green onions
(dark green tops reserved), sliced
1 teaspoon fennel seeds
1 pound ground chicken
1 large red pepper, chopped
2 teaspoons Sriracha sauce (asian chili sauce)

1/4 cup reduced-fat sour cream

Preheat the toaster oven to 425 degrees.

Pierce the potatoes with a fork and place on a microwave-safe plate. Microwave on HIGH for 14 to 16 minutes or until tender, turning once.

Transfer to a toaster oven. Cook for 5 to 7 minutes or until the skin is crisp.

In a twelve-inch nonstick skillet, heat the oil on medium for 1 minute. Add the green onions and fennel seeds. Cook for 2 minutes, stirring frequently.

Add the chicken, red pepper, chili sauce and 1/2 teaspoon of salt. Cook for 8 minutes or until the chicken loses its pink color throughout, stirring occasionally.

To serve, cut a slit in each potato and fill with the chicken mixture.

Top with sour cream and the green onion tops.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 288 Calories; 14g Fat (44.3% calories from fat); 35g Protein; 4g Carbohydrate; 1g Dietary Fiber; 107mg Cholesterol; 104mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Chicken

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% Calories from Fat:	44.3%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	5.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	49.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	14g	Folacin (mcg):	14mcg
Saturated Fat (g):	3g	Niacin (mg):	11mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0 0.0%
Cholesterol (mg):	107mg	V. DATIEA	11117/6
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	35g	Lean Meat:	5
Sodium (mg):	104mg	Vegetable:	1/2
Potassium (mg):	353mg	Fruit:	0
Calcium (mg):	28mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	1/2
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	57mg	•	
Vitamin A (i.u.):	1763IU		
Vitamin A (r.e.):	190RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving	
Calories 288	Calories from Fat: 128
	% Daily Values*
Total Fat 14g	21%
Saturated Fat 3g	16%
Cholesterol 107mg	36%
Sodium 104mg	4%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	4%
Protein 35g	
Vitamin A	35%
Vitamin C	94%
Calcium	3%
Iron	10%

^{*} Percent Daily Values are based on a 2000 calorie diet.