

# 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

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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

## Per Serving Nutritional Analysis

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Calories (kcal):	288	Vitamin B6 (mg):	.6mg
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