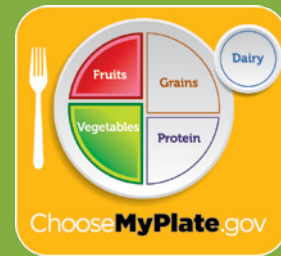


# Potato Skins with Buffalo Chicken

Preparation Time: 45 minutes

*This lively dish gives a nod to buffalo chicken wings but without extra fat and calories. Start with a foundation of nutritious potatoes, naturally high in potassium, vitamin C, and fiber, and replace fried wings with shredded chicken breast and top with fresh tomatoes and onions. Don't forget the celery sticks.*



## Ingredients

- |   |                            |
|---|----------------------------|
| 12 oz boneless, skinless chicken breast             | 2 tbsp margarine           |
| 1 cup water   | ¼ cup crumbled blue cheese |
| 4 medium russet potatoes (about 6 oz each)          | 2 green onions             |
| 3 tbsp hot pepper sauce (like Frank's, not Tabasco) | 2 medium tomatoes          |
| ¼ cup non-fat milk                                  | 4 celery stalks            |
| ¼ cup fat-reduced sour cream                        |                            |

Center oven rack and preheat oven to 425°F. Place chicken in a sauté pan, add water, and cover. Simmer for 20 minutes and remove from pan; let cool slightly. When chicken is cool enough to handle, shred using two forks, one in each hand.

While chicken is simmering, prepare remaining ingredients: Wash potatoes and slit each one lengthwise about 1-inch deep. Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly. Slice each potato in half length-wise, scoop out potato, leaving a ¼-inch shell. Mash potato together with hot pepper sauce, sour cream, margarine, and milk. Fold in blue cheese and shredded chicken. Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking). Place filled potato skins on a 9x13 baking sheet and bake about 15-20 minutes until tops are golden brown. 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. Serves 4.

### Tips on how to select and store apples

- Choose firm, shiny, smooth-skinned apples with intact stems.
- Apples should smell fresh, not musty.
- Refrigerate apples in a plastic bag away from strong-smelling foods and use within 3 weeks.

### Tips on how to select and store celery

- Choose straight, rigid celery stalks with fresh leaves. Avoid pithy, woody, or limp stalks.
- Refrigerate in a plastic bag for a week or more.

### Tips on how to select and store potatoes

- All potato varieties should be firm, smooth, dry, and uniform in size.
- Store potatoes in a cool, dark, and well-ventilated area for use within 3-5 weeks.
- To clean potatoes, use a soft brush to remove any traces of soil and pat dry.

For more great-tasting recipes featuring potatoes visit [www.potatogoodness.com](http://www.potatogoodness.com).

### Recipe cost

\$9.37 for four, \$2.34 per serving.

### Meal cost

\$11.60 for four, \$2.90 per serving.

\*Retail prices, Boulder, Colorado and online, Fall 2011.

## Recipe Nutrition Information per Serving

**Calories** 360  
**Total Fat** 12g  
**Saturated Fat** 4g  
**% of Calories from Fat** 30%  
**% Calories from Sat Fat** 10%  
**Protein** 20g  
**Carbohydrates** 44g  
**Cholesterol** 45mg  
**Dietary Fiber** 5g  
**Sodium** 550mg

An excellent source of protein, fiber, vitamin A, vitamin C, riboflavin, B6, folate, potassium, phosphorus, and magnesium, and a good source of thiamin, niacin, pantothenic acid, calcium, iron, zinc, and copper.

### MyPlate Food Group Amounts

<b>Fruits</b> 0	<b>Protein</b> 1½ oz
<b>Vegetables</b> 2¼ cups	<b>Dairy</b> ¼ cup
<b>Grains</b> 0	

## Meal Nutrition Information per Serving

(Serve with an 8 oz glass of non-fat milk and apple slices (½ an apple per serving))

**Calories** 490  
**Total Fat** 12g  
**Saturated Fat** 4.5g  
**% of Calories from Fat** 22%  
**% Calories from Sat Fat** 8%  
**Protein** 28g  
**Carbohydrates** 68g  
**Cholesterol** 50mg  
**Dietary Fiber** 8g  
**Sodium** 650mg

An excellent source of protein, fiber, vitamin A, vitamin C, vitamin D, thiamin, niacin, riboflavin, B6, folate, B12, pantothenic acid, potassium, calcium, phosphorus, magnesium, and iodine, and a good source of vitamin E, zinc, and copper.

### MyPlate Food Group Amounts

<b>Fruits</b> ¾ cup	<b>Protein</b> 1½ oz
<b>Vegetables</b> 2¼ cups	<b>Dairy</b> 1¼ cups
<b>Grains</b> 0	

## Healthy Resources

[www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org)

[www.potatogoodness.com](http://www.potatogoodness.com)

[www.FoodChamps.org](http://www.FoodChamps.org)

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

## MyPlate Core Messages

### Foods to Increase

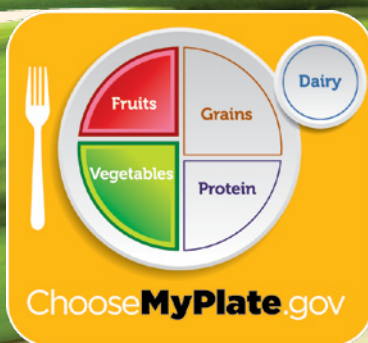
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



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