

Easy Potato

An easy-to-make baked potato meal with southwestern zest!

Nutrition Score per serving:

Calories 450 protien 33grams Fat 5grams Carbs 70 grams

Ingredients

- 1 Easy-Bake ready-to-microwave potato (average 9 oz.) or other baking potato
- 3 oz. cooked chicken breast strips, cubed (we used half of a 6-oz. Louis Rich brand package)
- 1/2 cup canned black beans, drained
- 2 Tbsp. reduced-fat sour cream
- 1/4 cup green chile sauce (we used Southwestern Organics brand)

Directions

- 1) Heat potato in microwave for 7 minutes (check package for directions if you're using a different brand). Carefully remove potato and use a knife to remove plastic wrap and slit potato down the middle.
 - 2) Push ends together to open it up.
 - 3) Stuff with chicken, black beans, sour cream and green chile sauce.
- By Beth Sonnenburg, MPH