



Swimsuit-Ready in 20 Days: Lunch Recipes

Baked Potato Skin with Sloppy Joe

2 large sweet potatoes
6 ounces ground chicken breast
½ cup tomato sauce
½ cup ketchup
2 cups diced tomato
2 tablespoon sloppy joe seasoning
1 tablespoon garlic powder
1 teaspoon onion powder
Salt and cracked black pepper to taste
2 teaspoon dried chives

Preheat the oven to 375 degrees. Wrap the sweet potatoes in foil and bake until tender. Remove potatoes from the oven and let cool for 10 minutes. Slice the sweet potatoes in half lengthwise and scoop out three-fourths of the pulp. The skins must remain intact. Place the potato skins in the oven and bake for another 8 minutes. Remove and set aside.

In a saucepan, combine the ground chicken, tomato sauce, ketchup, sloppy joe seasoning, garlic powder, onion powder, salt, and pepper. Cook over medium heat for 15 minutes, Add the tomatoes; cook 5 minutes more.

To Serve: Place the potato skins on plates and ladle the sloppy joe mixture over the potato skins. Garnish with dried chives.

Serves: 2