



# Buffalo Chicken Baked Potatoes

## Ingredients

- 4 russet potatoes
- 1 pound ground chicken
- 1/2 cup Buffalo sauce
- 3 tablespoons unsalted butter
- 3 tablespoons water
- 1 head romaine lettuce, thinly sliced
- 3 tablespoons ranch dressing
- 1 cup shredded cheddar-jack cheese

## Instructions

- Scrub potatoes, then prick all over with a fork. Rub with oil and season all over with salt and pepper. Place in a dish and microwave on high for 5 minutes. Flip potatoes; continue to microwave until soft and easily pierced through the center with a knife, 3–5 minutes (watch closely as microwaves vary).
- Cook chicken in a skillet over medium-high heat until browned and cooked through, 5–7 minutes.
- To skillet with chicken, add 3 tablespoons butter and 3 tablespoons water. Bring to a simmer, scraping up any browned bits from bottom of skillet as liquid evaporates. Add Buffalo sauce and stir until chicken is coated.
- Toss lettuce with the ranch dressing. Serve baked potato with Buffalo chicken and cheese over top. Garnish with the ranch salad.

MAKES 4 SERVINGS. NUTRITION PER SERVING:  
CALORIES: 615 | CARBOHYDRATES: 38G | PROTEIN:  
33G | FAT: 30G | FIBER: 4G