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BUFFALO-STUFFED SWEET POTATOES

Serves 4 to 6 • I didn't eat sweet potatoes for years, when I was following more of an SCD-style diet, so I was extremely happy when I reintroduced them a few years ago and found that, as long as I limit my consumption to about once a week, I tolerate them pretty well. Ryan loves anything topped with buffalo sauce, so I decided to toss leftover chicken with my homemade buffalo sauce and use it as a filling for sweet potatoes.

6 Garnet sweet potatoes, scrubbed
1 tablespoon melted ghee or bacon fat
2 ½ teaspoons coarse sea salt
1 ½ pounds boneless, skinless chicken breasts or thighs
½ cup hot pepper sauce (such as Frank's)
½ cup ghee or expeller-pressed coconut oil
2 teaspoons white wine vinegar
½ teaspoon cayenne pepper
¼ cup diced celery
¼ cup diced carrot
½ cup Herb Ranch Dressing (not included), for serving
Chopped fresh cilantro, for garnish

Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.

Rub the skins of the sweet potatoes all over with the 1 tablespoon melted ghee and pat with 1 ½ teaspoons of the salt. Prick the potatoes with a fork a few times and place on the prepared baking sheet. Bake until tender, about 30 minutes.

Meanwhile, in a large pot, combine the chicken breasts, hot sauce, the ½ cup ghee, the remaining 1 teaspoon salt, the vinegar, and cayenne and simmer over low heat for 20 minutes, until the chicken is fully cooked.

Remove the chicken from the pot and use two forks to shred the meat. Return the shredded chicken to the pot, add the celery and carrot, and cook over medium heat for 10 minutes.

Cut slits in the tops of the roasted sweet potatoes and open them up a bit with a fork. Spoon the filling into the potatoes, drizzle with the ranch dressing, sprinkle with cilantro, and serve warm.

Make It Ahead: Cook the sweet potatoes and store them in an airtight container in the refrigerator for 5 days. Warm them in a 425°F oven for 15 minutes before serving. Alternately, cook the sweet potatoes in an electric pressure cooker (instructions not included). Store the chicken in an airtight container in the refrigerator for 5 days. Reheat in a dry skillet over medium-high heat for 5 minutes, stirring frequently.



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