

Chicken Sweet Potato Dog Treats

<http://userealbutter.com/2015/11/18/chicken-sweet-potato-dog-treats-recipe/>
modified from [this recipe](#)

1 1/2 cups (9 oz) cooked chicken meat, finely chopped or pulsed in a food processor
7.5 oz. baked sweet potato, peeled and mashed (or use canned pumpkin or sweet potato purée)
3/4 cup (3 oz.) cheddar cheese, shredded
1 1/2 cups whole wheat flour
1 small egg (when I double the recipe, I only use 1 large egg)

Notes: I used to boil the chicken breasts in water, but I now prefer roasting the chicken in a 375°F oven for 30 minutes, then shut off the heat and let sit another 30 minutes. I baked the sweet potatoes in a 375°F oven for an hour. Just poke the sweet potatoes all over with a fork, then set them directly on the oven rack in the middle of the oven. Place a sheet of foil at the bottom of the oven (or on the lowest rack – just not directly under the sweet potatoes) to catch the drips.

Preheat oven to 350°F. Mix all of the ingredients together until the dough is well blended. Roll the dough out on a lightly floured work surface to 1/4-inch thickness. Cut out shapes and arrange on a foil- or parchment-lined baking sheet. Bake time will depend on size of the treats. For 1-inch diameter treats, start testing doneness after 15 minutes by lightly poking the center of a treat with your finger. For larger treats, allow for more baking time (but keep an eye on it the first time around). Treats should be slightly soft in the middle at which point you can remove them for soft treats. For crunchy treats, shut off the heat and leave the oven door closed. Let the treats dry out in the residual heat, but check to see that they aren't burning at the edges. Store soft treats in a sealed container in the refrigerator for up to a week. Store hard treats in an air-tight container for up to a week. If storing for longer, refrigerate or freeze them. Makes 100+ 1-inch treats.