



BBQ Chicken Bake



1/2 of recipe (1 chicken cutlet): 280 calories, 5.5g total fat (2g sat. fat), 629mg sodium, 19g carbs, 1g fiber, 11.5g sugars, 35.5g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

Two 5-oz. raw boneless skinless chicken breast cutlets
1/4 cup BBQ sauce with 45 calories or less per 2-tbsp. serving
1 cup chopped red onion
1 slice reduced-fat cheddar cheese, halved
Seasonings: garlic powder, onion powder, salt, black pepper
Optional topping: chopped fresh cilantro

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Pound chicken to an even thickness. Season with 1/8 tsp. each garlic powder, onion powder, salt, and pepper. Transfer to the baking pan.

In a medium bowl, mix BBQ sauce with 1/8 tsp. each garlic powder and onion powder. Stir in onion, and spoon over chicken.

Cover pan with foil, and bake for 30 minutes, or until hot and bubbly.

Remove foil. Lay half a slice of cheese on each chicken cutlet.

Bake until chicken is cooked through and cheese has melted, about 10 minutes.

MAKES 2 SERVINGS

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