



Nacho-rific Stuffed Chicken



1/4th of recipe: 295 calories, 7g total fat (2.5g sat. fat), 713mg sodium, 16.5g carbs, 4.5g fiber, 2.5g sugars, 38.5g protein

Prep: 25 minutes **Cook:** 35 minutes

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Ingredients

1/2 cup fat-free refried beans
4 wedges The Laughing Cow Light Creamy Swiss cheese
1/4 cup shredded reduced-fat cheddar cheese
1/2 cup high-fiber bran cereal
1/2 oz. (about 15) baked tortilla chips, crushed
1 tsp. taco seasoning
Four 5-oz. raw boneless skinless lean chicken breast cutlets, pounded to 1/4-inch thickness
1/8 tsp. each salt and black pepper
1/4 cup taco sauce
Optional toppings: jalapeño slices, light sour cream, salsa

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

To make the filling, combine beans, cheese wedges, and cheddar. Mix thoroughly.

In a blender or food processor, grind cereal to a breadcrumb-like consistency. Add crushed chips and taco seasoning, and mix well.

Season chicken with salt and pepper. Distribute filling among the cutlets. Roll up each cutlet over the filling, and secure with toothpicks if needed.

Transfer to the baking sheet.

Top with taco sauce, and coat with seasoned crumb mixture. Cover sheet with foil, and bake for 20 minutes.

Remove foil. Bake until cooked through and crispy, about 15 minutes.

MAKES 4 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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