



Nacho-rific Stuffed Chicken

PER SERVING (1/4th of recipe, 1 stuffed chicken cutlet): 270 calories, 4.25g fat, 780mg sodium, 13g carbs, 2g fiber, 1.5g sugars, 40g protein --
PointsPlus™ value 6*

Prep: 25 minutes
Cook: 35 minutes

Ingredients:

1/2 cup fat-free refried beans
4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
1/4 cup shredded fat-free cheddar cheese
16 low-fat baked tortilla chips (like the kind by Guiltless Gourmet)
1 tsp. dry taco seasoning mix
Four 5-oz. raw boneless skinless lean chicken breast cutlets, pounded to 1/3-inch thickness
1/8 tsp. salt
1/8 tsp. black pepper
1/4 cup taco sauce, divided
Optional toppings: fat-free sour cream, salsa

Directions:

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

To make the filling, combine beans, cheese wedges, and shredded cheese in a bowl. Mix thoroughly and set aside.

Put chips in a sealable plastic bag and crush with your hands or a rolling pin. Add taco seasoning and give it a good shake to mix. Set aside.

Place cutlets flat on a clean, dry surface, and season with salt and black pepper. Spoon filling onto the centers of the cutlets, evenly dividing it among them (about 2 tbsp. each). Carefully roll each cutlet up over the filling (which may ooze a little, but don't worry!) and secure with toothpicks, if needed. Transfer to the baking sheet.

Cover each stuffed cutlet with 1 tbsp. taco sauce, using the back of the spoon or your fingers to coat. Coat cutlets with crumb mixture. Cover the baking sheet with foil, and bake in the oven for 20 minutes. Carefully remove foil. Bake until chicken is cooked through and outsides are crispy, about 15 additional minutes.

Let cool slightly and remove toothpicks (if using). If you like, top with sour cream and salsa. Enjoy!

MAKES 4 SERVINGS



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