



BBQ Chick Jalapeño Poppers



1/4th of recipe (3 poppers): 155 calories, 4.5g total fat (2g sat. fat), 439mg sodium, 15g carbs, 1.5g fiber, 6g sugars, 13g protein

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Prep: 25 minutes **Cook:** 55 minutes



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Ingredients

6 oz. raw boneless skinless chicken breast
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. plus 1 dash black pepper
6 jalapeño peppers
1/2 cup whole-wheat panko breadcrumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup light/reduced-fat cream cheese
1/4 cup BBQ sauce with 45 calories or less per 2-tbsp. serving

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Pound chicken to 1/2-inch thickness. Season with 1/4 tsp. garlic powder, 1/4 tsp. onion powder, 1/8 tsp. salt, and a dash of black pepper. Place on the center of the foil.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through.

Meanwhile, halve jalapeño peppers lengthwise, and remove seeds and stems. (Be careful! Avoid touching your face, and wash hands thoroughly.)

In a wide bowl, combine breadcrumbs and remaining 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/8 tsp. each salt and black pepper. Mix well.

Place egg whites/substitute in a second wide bowl.

Cut packet to release hot steam before opening entirely. Leave oven on.

Transfer chicken to a medium-large bowl. Shred with two forks.

Add cream cheese and BBQ sauce to the chicken. Mix thoroughly. Evenly spoon and spread chicken mixture into the pepper halves.

One at a time, coat pepper halves with egg whites, shake to remove excess, and coat with seasoned crumbs.

Remove foil from baking sheet, and spray with nonstick spray. Place stuffed peppers on the baking sheet, stuffed sides up. Top with any remaining seasoned crumbs.

Bake until outsides are crispy and peppers have softened, 25 - 30 minutes.

MAKES 4 SERVINGS

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