



Caprese Stuffed Chicken



1/2 of recipe (1 stuffed chicken breast): 244 calories, 7.5g total fat (3g sat. fat), 496mg sodium, 3.5g carbs, 0.5g fiber, 2g sugars, 38g protein

Prep: 15 minutes **Cook:** 25 minutes



Ingredients

1/3 cup seeded and chopped tomatoes
2 tbsp. fresh chopped basil
1 tbsp. balsamic vinegar
1/2 tsp. chopped garlic
1/4 tsp. Italian seasoning
1/4 tsp. each salt and black pepper
Two 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness
6 tbsp. shredded part-skim mozzarella cheese

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a medium bowl, combine tomatoes, basil, vinegar, garlic, and Italian seasoning. Add 1/8 tsp. each salt and pepper, and stir to mix.

Season chicken cutlets with remaining 1/8 tsp. each salt and pepper. Using a slotted spoon to drain excess liquid, evenly divide tomato mixture between the centers of the cutlets. Sprinkle with 3 tbsp. cheese.

Roll up each chicken cutlet over the mixture. Secure with toothpicks. Place cutlets onto the center of the foil. Top with remaining 3 tbsp. cheese.

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 and cheese has melted.

Cut packet to release hot steam before opening entirely.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.