



Cheesy BBQ Bacon Stuffed Chicken



1/2 of recipe: 267 calories, 9g total fat (3.5g sat fat), 421mg sodium, 9g carbs, <0.5g fiber, 7g sugars, 35.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 45 minutes



More: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#)

Ingredients

2 slices center-cut/turkey bacon
2 tbsp. light/reduced-fat cream cheese
2 tbsp. BBQ sauce, or more for dipping
Two 5-oz. raw boneless skinless chicken breast cutlets
2 tbsp. chopped fresh cilantro

Seasonings

1/2 tsp. plus 1 dash garlic powder
1/2 tsp. plus 1 dash onion powder

Directions

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

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.) Chop or crumble.

In a small bowl, combine cream cheese with 1 tbsp. BBQ sauce. Add a dash each garlic powder and onion powder. Mix until uniform. Stir in chopped bacon.

Season chicken with remaining 1/2 tsp. each garlic powder and onion powder. Top with bacon mixture, tightly roll up chicken over the filling, and secure with toothpicks.

Place chicken in the baking pan. Top with remaining 1 tbsp. BBQ sauce. Cover with foil, and bake for 20 minutes.

Uncover, and bake until fully cooked, about 20 more minutes.

Serve topped with cilantro.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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