



## 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

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

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### 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**

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