



Chicken Amore



1/2 of recipe: 303 calories, 8.5g total fat (3.5g sat. fat), 777mg sodium, 12.5g carbs, 1.5g fiber, 10g sugars, 37g protein

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Prep: 20 minutes **Cook:** 45 minutes

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Ingredients

1 large portabella mushroom cap, sliced
Two 5-oz. raw boneless skinless lean chicken breast cutlets
1/8 tsp. garlic powder
1/8 tsp. salt
1/8 tsp. black pepper
2 wedges The Laughing Cow Light Creamy Swiss cheese
1/3 cup jarred roasted red peppers, drained and sliced
6 large leaves fresh basil, or more for garnish
1/2 cup creamy tomato soup with 4g fat or less per serving (like Amy's Chunky Tomato Bisque)
1/4 cup light sour cream
1/8 tsp. Italian seasoning

Directions

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

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook mushroom slices until softened, about 6 minutes, flipping halfway through.

Season chicken with garlic powder, salt, and black pepper. Spread a cheese wedge over each cutlet, and top with red peppers, basil, and mushroom slices. Tightly roll up chicken over the filling, and place in the baking pan. Secure with toothpicks, if needed.

Cover with foil, and bake for 20 minutes. Uncover and bake until fully cooked, about 20 more minutes.

To make the sauce, combine tomato soup, sour cream, and Italian seasoning in a microwave-safe bowl. Mix well. Cover and microwave for 1 minute, or until hot. Serve chicken topped with sauce.

MAKES 2 SERVINGS

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