



Chicken Lorraine



1/4 of recipe: 320 calories, 13g total fat (6g sat. fat), 483mg sodium, 6g carbs, 0.5g fiber, 3.5g sugars, 42g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

Four 5-oz. raw boneless skinless chicken breast cutlets
1/2 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper
1 cup chopped mushrooms
1/2 cup chopped onion
1/3 cup whipped cream cheese
1/4 cup light sour cream
2 tsp. Dijon mustard
2 slices center-cut or turkey bacon
4 slices reduced-fat Swiss cheese

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

Place chicken in the pan. Season with garlic powder, salt, and pepper.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms and onion. Cook and stir until softened, about 4 minutes. (Optional: Cook longer to caramelize the veggies.)

Remove skillet from heat. Add cream cheese, sour cream, and mustard. Mix until uniform.

Spoon creamy veggie mixture over chicken.

Bake until chicken is cooked through, about 30 minutes.

Meanwhile, 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 once cool.

Set oven to broil. Top chicken with Swiss cheese and chopped bacon. Bake until cheese has melted and begun to brown, about 5 minutes.

MAKES 4 SERVINGS

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