



Grilled Fuji-n-Chick 'Wich



Entire recipe: 298 calories, 5.5g total fat (2g sat fat), 659mg sodium, 30g carbs, 6g fiber, 10g sugars, 33g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 5 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

One 4-oz. raw boneless skinless lean chicken breast cutlet
Dash each salt and black pepper
1/2 cup peeled and thinly sliced Fuji apple
1/4 cup thinly sliced onion
2 dashes ground sage
2 dashes garlic powder
2 slices light bread
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
1 tsp. light whipped butter or light buttery spread, room temperature

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with salt and pepper, and cook for 4 minutes on one side.

Flip chicken. Add apple and onion to the skillet, and sprinkle with sage and garlic powder. Cook for about 4 minutes, until chicken is cooked through and apple and onion have softened.

Meanwhile, lay bread slices flat and spread with cheese.

Evenly top one slice with chicken and apple-onion mixture. Place the other bread slice on top, cheese side down. Press gently to seal.

Remove skillet from heat; clean, if needed. Respray and return to medium heat.

Spread 1/2 tsp. of butter on the upward-facing bread slice. Place sandwich in the skillet with the buttered side down. Spread the remaining 1/2 tsp. butter on the upward-facing bread slice.

Cook sandwich until hot and toasty, 1 - 2 minutes per side, flipping gently.

MAKES 1 SERVING

[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.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.