



Maximum Veggie Hungry Chick-fredo



Entire recipe: 288 calories, 4.5g total fat (2.5g sat fat), 728mg sodium, 20g carbs, 8g fiber, 10g sugars, 37g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

4 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
3 cups [bagged broccoli cole slaw](#)
1/2 tsp. chopped garlic
2 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
1/2 cup chopped tomatoes
Seasonings: salt, black pepper

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Season chicken with a dash each salt and pepper and add to the skillet. Cook and stir for about 5 minutes, until chicken is cooked through.

Remove chicken. If needed, clean skillet. Remove skillet from heat, re-spray, and return to medium-high heat. Add broccoli slaw and 1/3 cup water. Cover and cook for 4 minutes.

Uncover, stir, and re-cover. Continue to cook for about 4 minutes, until fully softened. Uncover and, if needed, cook and stir until water has evaporated, 2 - 3 minutes.

Add garlic and cheese wedges to the skillet, breaking the wedges into pieces. Cook and stir until cheese has melted and coated slaw, 1 - 2 minutes.

Add cooked chicken and tomatoes to the skillet. Cook and stir until hot, about 1 minute, and enjoy!

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.