



## 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

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

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### 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

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