



## Taco-licious Stuffed Chicken



[Click here for a video demo](#) !

1/4th of recipe (1 stuffed chicken breast): 244 calories, 6g total fat (2g sat fat), 526mg sodium, 8g carbs, <0.5g fiber, 2g sugars, 34.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 15 minutes    **Cook:** 20 minutes

Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

4 wedges The Laughing Cow Light Creamy Swiss cheese  
3 tbsp. thick salsa with 90mg of sodium or less per 2-tbsp. serving  
Four 5-oz. boneless skinless chicken breast cutlets, pounded to 1/3-inch thickness  
1/4 cup taco sauce  
1 oz. (about 15) baked tortilla chips, crushed  
*Seasonings: salt and black pepper*

### Directions

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

In a medium bowl, mix cheese wedges until smooth. Add salsa and stir until uniform.

Season chicken cutlets with 1/8 tsp. each salt and black pepper. Evenly distribute cheese mixture among the centers of each cutlet. Tightly roll each over the cheese mixture and secure with toothpicks, if needed. Place in the baking pan.

Cover pan with foil, and bake for 20 minutes.

Remove foil and spread the top of each cutlet with 1 tbsp. taco sauce. Top with crushed tortilla chips, and press to adhere. Bake until chicken is cooked through, about 20 more minutes.

**MAKES 4 SERVINGS**

**HG FYI:** Always wash hands thoroughly after touching raw poultry.

[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.