



Veggies 'n Swiss Chicken Rollups



1/2 of recipe (1 cutlet): 272 calories, 8g total fat (3g sat. fat), 434mg sodium, 8g carbs, 1.5g fiber, 3.5g sugars, 42g protein

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Prep: 15 minutes **Cook:** 40 minutes



Ingredients

Two 5-oz. raw boneless skinless chicken breast cutlets
1/4 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper
6 medium asparagus spears, ends trimmed
2 slices reduced-fat Swiss cheese
2 cups sliced brown mushrooms
1 tbsp. balsamic vinegar
1 1/2 tsp. chopped garlic
Dash ground thyme

Directions

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

Pound chicken to 1/2-inch thickness. Season with onion powder, garlic powder, 1/8 tsp. salt, and pepper.

Lay 3 asparagus spears in the center of each chicken cutlet. Tightly roll up chicken over the asparagus (the ends will protrude). Evenly top with cheese. If needed, secure with toothpicks. Place in the baking pan.

In a medium bowl, combine mushrooms, vinegar, garlic, thyme, and remaining 1/8 tsp. salt. Toss to coat.

Spoon mushrooms over chicken. Cover pan with foil, and bake for 20 minutes.

Remove foil. Bake until chicken is cooked through, about 20 more minutes.

MAKES 2 SERVINGS

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