



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

Green Plan [SmartPoints](#)® value 5*

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

Purple Plan [SmartPoints](#)® value 3*

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

[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.