



Cheesy BBQ Chicken Rollups



1/2 of recipe (1 rollup): 223 calories, 3.5g total fat (1.5g sat. fat), 631mg sodium, 8g carbs, 1g fiber, 5.5g sugars, 35.5g protein

Prep: 5 minutes **Cook:** 40 minutes

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Ingredients

3/4 cup bagged broccoli cole slaw, roughly chopped
2 wedges The Laughing Cow Light Creamy Swiss cheese
Two 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness
2 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
Spices: onion powder, salt, black pepper

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray. Place chopped broccoli slaw in a medium microwave-safe bowl. Microwave for 2 minutes, or until softened.

Add cheese wedges to the broccoli slaw, and mix thoroughly.

Season chicken with 1/8 tsp. onion powder, 1/8 tsp. salt, and 2 dashes black pepper. Evenly divide slaw mixture between the centers of the cutlets.

Roll up each cutlet over the slaw mixture. If needed, secure with toothpicks. Place in the baking pan.

Cover pan with foil, and bake for 20 minutes.

Remove foil, and evenly spoon BBQ sauce over chicken. Bake until chicken is cooked through, about 15 minutes. Eat up!

MAKES 2 SERVINGS

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