



## Nacho-rific Stuffed Chicken



1/4th of recipe: 295 calories, 7g total fat (2.5g sat fat), 713mg sodium, 16.5g carbs, 4.5g fiber, 2.5g sugars, 38.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 3\*

**Prep:** 25 minutes    **Cook:** 35 minutes

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



### Ingredients

1/2 cup fat-free refried beans  
4 wedges The Laughing Cow Light Creamy Swiss cheese  
1/4 cup shredded reduced-fat cheddar cheese  
1/2 cup high-fiber bran cereal  
1/2 oz. (about 15) baked tortilla chips, crushed  
1 tsp. taco seasoning  
Four 5-oz. raw boneless skinless lean chicken breast cutlets, pounded to 1/4-inch thickness  
1/8 tsp. each salt and black pepper  
1/4 cup taco sauce  
Optional toppings: light sour cream, salsa

### Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

To make the filling, combine beans, cheese wedges, and cheddar. Mix thoroughly.

In a blender or food processor, grind cereal to a breadcrumb-like consistency. Add crushed chips and taco seasoning, and mix well.

Season chicken with salt and pepper. Distribute filling among the cutlets. Roll up each cutlet over the filling, and secure with toothpicks if needed.

Transfer to the baking sheet.

Top with taco sauce, and coat with seasoned crumb mixture. Cover sheet with foil, and bake for 20 minutes.

Remove foil. Bake until cooked through and crispy, about 15 minutes.

**MAKES 4 SERVINGS**

**HG FYI:** A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

**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.