

Low-Point Creamy Crescent Rolls

Ingredients:

- 1, 6 oz. chicken breast, boneless, skinless
- 4 oz., 1/3-less fat cream cheese
- 1/4 cup light sour cream
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. onion powder
- 2 tsp. dried chives
- or any of your favorite seasonings
- 1, 8 oz. can reduced-fat crescent rolls
- 1 package chicken gravy mix (I used McCormick brand) - optional
- Pam cooking spray

Preheat oven to 400 degrees. Spray baking dish with Pam cooking spray and place chicken breast into dish. Bake for 20 to 25 minutes (or until chicken is cooked through). Remove, let cool slightly and dice chicken. Lower heat in oven to 375 degrees. In a mixer or bowl, combine cream cheese, sour cream, salt, pepper, onion powder, and chives. Add chicken and combine well. Open crescent rolls and lay out each triangle. Add a small scoop or two of the chicken mixture onto the wide part of the triangle and roll crescent roll up with the mixture inside. Repeat with all 8 crescent rolls. Bake rolls for about 12 minutes. Remove from oven. Heat chicken gravy mix with 1 cup water until it begins to thicken. Drizzle gravy over crescent rolls if desired, and enjoy!

NOTE: You will have leftover creamy chicken mix. You can keep in an airtight container in the refrigerator for up to a week.

Total servings - 8

Serving size - 1

Points per serving - 3

Points plus per serving - 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"If you can't feed hundred people, then feed just one."
- Mother Teresa***