

Low-Point Ricotta Stuffed Chicken

Ingredients:

- 3, 4 oz. skinless, boneless chicken breasts
- 6 Tbs part-skim Ricotta Cheese
- 1 clove garlic, diced
- 1/4 tsp. pepper
- 6 pitted black olives, diced
- 1/4 cup fresh parsley, chopped
- 3 fresh basil leaves, chopped
- 1/2 cup spaghetti sauce (I used Ragu)
- 1/4 cup reduced-fat shredded mozzarella cheese

Mix together ricotta, garlic, pepper, olives, parsley, and basil. Slice each chicken breast down the middle (lengthwise), forming a pocket. Stuff two tablespoons of the mixture into each breast. Lay chicken breasts in baking dish, cover with spaghetti sauce and bake at 350 degrees for 35 minutes. Sprinkle the three pieces of chicken with the mozzarella cheese and bake or broil until melted. Enjoy!

Total servings = 3

Serving size = 1

Points per serving = 5

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