

## Low-Point Swiss Chicken Cutlets

### Ingredients:

- 4, 4 oz. skinless, boneless, chicken breasts
- 2 slices reduced-fat thin swiss cheese
- 2 Tbs flour
- 1/4 tsp. pepper
- 1/2 tsp. salt
- 1 Tbs butter
- 1/2 cup chicken broth
- 1/4 cup white wine
- 1/4 tsp. dried oregano
- 1/2 tsp. garlic powder

Flatten (lightly pound) out chicken breasts until they're about 1/4-inch thick. Cut each cheese slice in half. Place 1/2 cheese slice on top of each chicken cutlet. Starting with the short end, tightly roll up cutlets and tie securely with a string. Sprinkle pepper and salt on chicken and gently toss chicken rolls through flour that has been placed in a shallow bowl or on a plate. In a large nonstick skillet, melt butter over medium heat. Add chicken, cook, turning frequently until golden, about 3 to 5 minutes. Add broth, wine, oregano, and garlic to skillet. Increase heat and bring to a boil. Reduce heat to medium-low and simmer until chicken is cooked through and sauce is slightly thickened; about 10 to 12 minutes. Place on serving dish, remove strings, and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 5

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

***"Fix your eyes forward on what you can do, not back on what you cannot change." - Tom Clancy***

