

Chicken & Broccoli Parmesan



A full meal with only 278cal, 7.25gr fat, 7.8gr carb and 45.3gr protein

Serves 4

4 ~ 6oz chicken breasts, cut with pocket

1t dried parsley

2c broccoli, finely chopped

1/2c Prego

2T Parmesan cheese, grated

1/2c Prego, for topping

Preheat oven to 350. Spray baking dish with non~stick cooking spray.

Mix together finely chopped broccoli, Parmesan cheese, dried parsley and Prego in small bowl. Stuff inside chicken pocket and secure each breast with a toothpick. If you have any remaining stuffing, spread around chicken.

Spread remaining Prego over chicken breasts ~ you may not use all of it.

Bake about 30~35 minutes or until juices run clear when pierced with a fork.

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Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com