

BAKED PESTO-MOZZARELLA CHICKEN



QUICK DETAILS

SERVES

4

PREP

10 min

COOK

20 min

DIFFICULTY

Easy

3 WW POINTS PER SERVING

Official U.S. WeightWatchers recipe value

INGREDIENTS

- 4 sprays cooking spray
- 24 oz skinless, boneless chicken breast
4 cutlets, 6 oz each
- 1/2 tsp kosher salt, divided
- 3/8 tsp black pepper, divided
- 4 Tbsp pesto sauce
- 1 medium plum tomato
cut into 8 thin slices
- 1/2 cup shredded part-skim mozzarella
- 1 lb asparagus spears, trimmed

INSTRUCTIONS

- 1 Preheat oven to 400°F. Line a sheet pan with foil and coat with cooking spray, or use a silicone mat.
- 2 Lightly pound chicken cutlets to about 1/4-inch thickness. Arrange on one side of the pan; season evenly with 1/4 tsp each salt and pepper.
- 3 Spread 1 Tbsp pesto over each cutlet. Top each with 2 tomato slices and 2 Tbsp mozzarella. Bake 10 minutes.
- 4 Remove pan and blot away excess liquid. Add asparagus to the other side; coat with cooking spray and season with remaining 1/4 tsp salt and 1/8 tsp pepper.
- 5 Bake about 10 minutes more, until chicken is cooked through and asparagus is crisp-tender.

SERVING SIZE

1 chicken cutlet + one-fourth of the asparagus

ESTIMATED NUTRITION PER SERVING

350 cal | 45g protein | 7g carbs | 16g fat | 3g fiber | 560mg sodium

Nutrition is estimated and varies by brand. WW Points: WeightWatchers U.S. recipe listing.