

Feta Stuffed Chicken

Serves: 4

WW Points: 5

Ingredients:

- 1/4 cup crumbled basil-and-tomato feta cheese
- 2 oz. fat-free cream cheese
- 4 skinless, boneless chicken breast halves (about 1-1/4 pounds total)
- 1/2 cup milk
- 1/2 cup Italian seasoned breadcrumbs
- 1 teaspoon olive oil or cooking oil

Directions:

In a small bowl combine feta cheese and cream cheese; set aside.

Using a sharp knife, cut a horizontal slit through the thickest portion of each chicken breast half to form a pocket. Stuff pockets with the cheese mixture. If necessary, secure openings with wooden toothpicks.

Pour milk into a shallow bowl and the breadcrumbs into another shallow bowl. Very carefully, dip each chicken breast into the milk. Then dip in the breadcrumbs, patting lightly to firmly coat.

In a large nonstick skillet cook chicken in hot oil over medium-high heat (about 12 minutes) or until tender and no longer pink, turning once (reduce heat if chicken browns too quickly).