

Stuffed Chicken Breast Recipe

4 small boneless, skinless chicken breasts
1/4 teaspoon each: salt, onion powder and dried dill weed
1 (10 ounce) package frozen asparagus spears, thawed and drained
1/2 medium red bell pepper, seeded and cut into thin strips
Mock Hollandaise sauce
2 tablespoons reduced-fat margarine
1 tablespoon all-purpose flour
1/4 teaspoon salt
2/3 cup non-fat milk
1 egg yolk
1/2 teaspoon grated lemon peel
2 teaspoons lemon juice

Heat oven to 375 degrees. Flatten each chicken breast to 1/4 inch thickness between waxed paper. Mix salt, pepper, onion powder and dill weed and sprinkle on top of chicken breasts. Place 1/4 of the asparagus spears and pepper strips on one end of the chicken breast. Tightly roll each chicken breast and secure with toothpicks. Place chicken seam side down, on baking pan that has been sprayed with nonstick spray. Cover and bake about 30 minutes or until chicken is no longer pink.

Mock Hollandaise Sauce

Heat margarine in a small saucepan over low heat until melted. Stir in flour and salt and cook over low heat until smooth, stirring constantly. Remove from heat. Mix milk, egg yolk and lemon juice until smooth and stir into flour mixture. Heat to boiling, stirring constantly.

Makes 4 Servings

Serving Size: 1 stuffed breast

Nutrients per serving:

Calories: 213

Total fat: 6 grams

Saturated fat: 1 gram

Cholesterol: 122 mg

Sodium: 441 mg

Carbohydrate: 8 grams

Protein: 32 grams

Dietary fiber: 2 grams