



## Chicken Amore



1/2 of recipe: 303 calories, 8.5g total fat (3.5g sat. fat), 777mg sodium, 12.5g carbs, 1.5g fiber, 10g sugars, 37g protein

[Click for WW Points® value\\*](#)

**Prep:** 20 minutes    **Cook:** 45 minutes

More: [Lunch & Dinner Recipes](#), [Gluten-Free](#)



## Ingredients

1 large portabella mushroom cap, sliced  
Two 5-oz. raw boneless skinless lean chicken breast cutlets  
1/8 tsp. garlic powder  
1/8 tsp. salt  
1/8 tsp. black pepper  
2 wedges The Laughing Cow Light Creamy Swiss cheese  
1/3 cup jarred roasted red peppers, drained and sliced  
6 large leaves fresh basil, or more for garnish  
1/2 cup creamy tomato soup with 4g fat or less per serving (like Amy's Chunky Tomato Bisque)  
1/4 cup light sour cream  
1/8 tsp. Italian seasoning

## Directions

Preheat oven to 350°F. Spray an 8" X 8" baking pan with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook mushroom slices until softened, about 6 minutes, flipping halfway through.

Season chicken with garlic powder, salt, and black pepper. Spread a cheese wedge over each cutlet, and top with red peppers, basil, and mushroom slices. Tightly roll up chicken over the filling, and place in the baking pan. Secure with toothpicks, if needed.

Cover with foil, and bake for 20 minutes. Uncover and bake until fully cooked, about 20 more minutes.

To make the sauce, combine tomato soup, sour cream, and Italian seasoning in a microwave-safe bowl. Mix well. Cover and microwave for 1 minute, or until hot. Serve chicken topped with sauce.

### MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. \*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.