

West Coast Chicken Breast

1 lb. chicken breasts, whole, skinned, split,
boned
1/4 cup sun-dried tomatoes, chopped, in oil or
well-drained; or sliced roasted red pepper
1/8 cup basil leaves, thinly sliced
1 clove garlic, minced
1 tbsp. margarine, melted
1/4 tsp. black pepper, fresh, ground
1/4 tsp. paprika
1/4 cup fresh whole wheat bread crumbs

Preheat oven to 450°F. Pound chicken to 1/4" thickness. Combine tomatoes, basil, and garlic. Spread evenly over chicken breasts; roll up and place seam side down in shallow baking dish. Combine margarine, pepper, and paprika. Brush evenly over chicken rolls. Sprinkle with bread crumbs. Bake 15-18 minutes or until chicken is tender and crumbs are browned. Makes 4 servings.

Nutrition information per serving: calories 191; protein 29 grams; fat 4 grams; sodium 189 mg