

Cheesy Stuffed Chicken

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-cheese-cake-recipe>

Ingredients:

- 6 ounces greek yogurt
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cheese Sargento® Chef Blends™ Shredded 6, Italian
- 1 tablespoon butter
- 1 red bell pepper seeded and thinly sliced
- 1/2 white onion thinly sliced
- 1 cup sliced mushrooms
- 2 cloves garlic minced
- 4 boneless, skinless chicken breasts

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 120 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 10 grams
8. Sodium: 650 milligrams
9. Sugar: 5 grams

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