

Chicken Bundles

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Serves 6, 5 FSP per serving

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt
- 16 oz cooked and shredded chicken breast
- 4 oz light cream cheese
- 1/2 cup Cabot 75 cheese
- 2 Tbsp fat free half and half
- salt and pepper to taste
- 1 egg, beaten

1. Mix flour and yogurt until a soft dough forms, Knead a few times. Divide into 6 equal pieces. Set aside
2. Mix remaining ingredients (EXCEPT egg).
3. Roll out each dough ball on a piece of parchment sprayed with non stick spray
4. Equally divide filling between each portion of dough.
5. Bring up edges and seal to make a bundle.
6. Brush with beaten egg
7. Bake on a greased cookie sheet at 350 for 20-25 minutes.
8. See a video here: <https://youtu.be/bL6i08IXUQg>