

Chili's Copycat Monterey Chicken

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Serves 4

Blue – 4 points

Purple – 4 points

Green – 7 points

- 4 chicken breasts
- 1/4 cup Ranch dressing (I use my homemade – it's under Salads/Dressings)
- 1/4 cup sugar free BBQ sauce
- 4 slices bacon, cooked crisp
- 4 oz reduced fat Mexican blend cheese, shredded
- 1 Roma tomato
- green onions, sliced
- salt and pepper

1. Preheat oven to 350
2. Pound each chicken breast a bit to thin them out – not too much
3. Lay the chicken in a 9×13 baking dish. Salt and pepper chicken. Spread 1 Tbsp ranch dressing over each breast. Cook in oven for 30-40 minutes

4. While chicken is cooking, cook bacon crisp. Set aside
5. When chicken is cooked through, remove from oven and spread 1 Tbsp BBQ sauce on each piece.
6. Crumble 1 slice of bacon on each chicken breasts
7. Sprinkle on 1 oz of cheese on each breast
8. Turn the oven to broil and broil about 3-5 minutes until cheese melts – KEEP A CLOSE EYE ON IT
9. Top each breast with chopped tomato and sliced onion