

Almond Stuffed Chicken

Servings: 2

Adapted from Maureen Callahan, Cooking Light MARCH 2009

Ingredients

2 wedges Laughing Cow Cheese Spreadable Garlic & Herb Light
2 tablespoons coarsely chopped almonds, toasted
1 tablespoon dried parsley
2 (6-ounce) skinless, boneless chicken breast halves
1/4 teaspoon black pepper
1 teaspoon butter

Preparation

1. Combine spreadable cheese, almonds, and 1 tablespoon dried parsley in a small bowl. Set aside.
2. Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff almond mixture into each pocket; secure each pocket with a wooden pick(s). Sprinkle chicken pepper.
3. Heat butter in a large nonstick skillet over medium heat. Add chicken to pan; cook 6 minutes on each side or until done. Remove from pan; cover and let stand 2 minutes.

Orange-Glazed Acorn Squash

Servings: 2

Adapted from Cooking Light NOVEMBER 1997

Ingredients

1 medium acorn squash (about 1 pound)
Cooking spray
1 tablespoon orange marmalade
1/2 tablespoon brown sugar
1/2 tablespoon lime juice
1 teaspoon low-sodium soy sauce
1/4 teaspoon olive oil
Dash of salt
Dash of ground red pepper

Preparation

- 1) Preheat oven to 375°.
- 2) Cut squash crosswise into 3/4-inch-thick slices, discarding seeds and stringy pulp. Arrange the squash slices in a single layer on a large baking sheet coated with cooking spray. Bake squash slices at 375° for 15 minutes.
- 3) Combine orange marmalade and remaining ingredients. Brush half of marmalade mixture over squash slices. Bake at 375° for 10 minutes. Brush with

marmalade mixture; bake an additional 10 minutes. Spoon remaining marmalade mixture over squash.