



Jalapeno Popper Chicken

Serves: 4

Prep Time: 20 minutes

Cook Time: 20 minutes



Ingredients

- 4 boneless, skinless chicken breasts, sliced in half lengthwise (8 thin slices)
- 114g cream cheese
- 1/4 cup bacon bits
- 2 jalapenos, diced (remove seeds to cut down heat)
- 1/4 cup cheddar cheese, shredded
- 1 tablespoon lime juice
- 1 egg, beaten
- 1 cup panko breadcrumbs

Directions

1. Combine cream cheese, bacon bits, jalapenos, cheddar cheese and lime juice
2. Spread 2 teaspoons of the cheese mixture in the middle of each chicken breast strip, leaving the edges free
3. Roll each strip and use toothpicks on each end to secure it
4. Dip each chicken roll in egg and dredge in breadcrumbs
5. Lightly spray the tops of the chicken rolls with cooking spray
6. Bake for 20 minutes at 200 C
7. Dish and serve hot