

Heat taco shells according to package directions. Spoon $\frac{1}{2}$ cup chicken mixture into each shell. Top each taco with $\frac{1}{4}$ cup shredded lettuce and 2 tablespoons cheese. Serve immediately. Yield: 4 servings (203 calories per serving).

PROTEIN 18.2 / FAT 8.2 / CARBOHYDRATE 13.8 / CHOLESTEROL 44 / IRON 1.5 / SODIUM 310 / CALCIUM 129

Exc.

MEXICAN-STYLE CHICKEN ROLL-UPS

8 boneless chicken breast halves (2 pounds), skinned
4 canned whole green chiles, halved and seeded
3 ounces Monterey Jack cheese, cut into 8 strips
 $\frac{3}{4}$ cup fine, dry breadcrumbs (or crumbled corn chips)
1 tablespoon chili powder
 $1\frac{1}{2}$ teaspoons ground cumin
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ cup skim milk
Vegetable cooking spray
4 cups shredded lettuce
 $\frac{1}{2}$ cup commercial picante sauce
 $\frac{1}{4}$ cup plain low-fat yogurt

Trim excess fat from chicken. Place each chicken breast half between 2 sheets of waxed paper; flatten to $\frac{1}{4}$ -inch thickness, using a meat mallet or rolling pin.

Place a green chile half and one strip of cheese in center of each chicken breast half; roll up lengthwise, tucking edges under. Secure with wooden picks.

Combine breadcrumbs, chili powder, cumin, salt, and garlic powder. Dip chicken rolls in milk; dredge in breadcrumb mixture, coating well. Place chicken in a 12- \times 8- \times 2-inch baking dish coated with cooking spray. Bake at 400° for 30 minutes or until chicken is done.

Place each chicken roll on $\frac{1}{4}$ cup shredded lettuce; top each