

Chicken - Grilled Chicken with Mozzarella & Red Peppers

Weight Watchers

3 tsp olive oil

2 tsp anchovy paste

1 jar roasted red peppers

2/3 cup shredded Mozzarella cheese (part skim)

2 plum tomatoes

1 small can sliced black olives

Dash of parsley

4 boneless chicken breast halves

Brush chicken with oil and grill.

Meanwhile, in a bowl combine oil, anchovy paste until well blended. Cut peppers in strips and add to oil mixture along with cheese, tomatoes, olives and parsley.

When chicken is grilled, place in baking dish, top with mixture and broil to melt and heat the cheese/pepper mixture. Per serving: 242 calories, 8 g fat, 3 g fiber.