

## 22 NEW Chicken Recipes (With SmartPoints)



I love chicken. You can grill it, stew it, saute it, bake it - it's one of the most versatile proteins and it makes its way into my menu each week.

So how to keep making it, week after week, without growing bored? It's all about the variety! Last February I put together my Favorite [28 Chicken Recipes with SmartPoints](#), and now I'm back with 22 new chicken recipes WITH their SmartPoints values and calories, courtesy of the Trading Cardio for Cosmos Elite Coaching Program students from Winter 2017! They've shared their family favorite chicken recipes, and I'm sharing them with you! How cool!]



### SLOW COOKER

[CrockPot Santa Fe Chicken](#)]

**0 SmartPoints or 190 Calories**

[Slow Cooker Salsa Chicken](#)]

**0 SmartPoints per 4 oz or 172 calories**

[Chicken Enchilada Stuffed Squash](#)]

**4 SmartPoints or 408 Calories**



]

#### **BAKED**

[Skinny Chicken Enchiladas](#)]

**4 Smartpoints or 194 Calories**

[Chicken Rollatini with Spinach Alla Parmigiana](#)]

**4 SmartPoints or 195 Calories**

[Chicken Curry with Coconut Milk](#)]

**6 SmartPoints or 213 Calories**

[Healthy Baked Chicken Nuggets](#)]

**3 SmartPoints or 188 calories**

[Sticky Baked Chicken with Apricot, Sage and Lemon Zest](#)]

**8 SmartPoints and 250 Calories**

[Healthy Buffalo Chicken Macaroni and Cheese](#)]

**7 SmartPoints or 298 Calories**

[Cream Cheese Stuffed Everything Chicken Breast](#)]

**5 SmartPoints or 333 Calories**

[Cheddar Ranch Chicken Tenders](#)]

**3 SmartPoints or 279 Calories**



STOVETOP]

[Skinny Lemon Chicken Piccata](#)]

**8 SmartPoints or 340 Calories**

[2 Point Chicken Noodle Soup](#)]

**1 SmartPoints or 127.5 Calories**

[Creamy Chicken and Mushroom Soup](#)]

**2 SmartPoints or 113 Calories**

[WW Chicken Marsala](#)]

**7 SmartPoints and 289 Calories**

[Chicken Street Tacos](#)]

**2 SmartPoints or 90 Calories Per Taco**

[Tomato Basil Chicken](#)]

**1 SmartPoints or 153 Calories**

[Pizza-Fied Chicken 2.0](#)]

**2 SmartPoints or 272 Calories**



]

**GRILLED OR COLD**

[Honey Balsamic Grilled Chicken and Vegetables](#)]

**4 SmartPoints and 273 Calories**

[Greek Yogurt Chicken Salad](#)]

**3 SmartPoints or 212 Calories**

[Thai Chicken Salad with Peanut Dressing](#)]

**8 SmartPoints or 262 Calories**