

New York Times **Bestselling Author**

SUSAN MALLERY

Hummus Chicken

Ingredients:

- ♥ 3 – 4 pounds of boneless chicken breasts
- ♥ 4 oz prepared hummus
- ♥ 1 T mayonnaise (I used fat-free)
- ♥ ½ t cayenne pepper



Hummus Chicken

Instructions:

Preheat the oven to 350 degrees. Slice each chicken breast in half.

Mix together the remaining ingredients. Spread some of the hummus mixture inside each chicken breast, fold the halves closed, then spread some on top of each chicken breast. Place on an ungreased cookie sheet and put it into the oven.

Bake until the chicken is cooked thoroughly, about 50-60 minutes.

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