

# Pesto Chicken Roll Ups



## INGREDIENTS

4-6 skinless, boneless chicken breast cutlets or thighs  
1 jar basil pesto  
4-6 thick slices fresh mozzarella cheese  
1 1/2 cups Italian dressing  
Red pepper flakes (optional)  
Italian seasoning (optional)  
Cooking spray

## DIRECTIONS

- \* Place chicken in a large zip lock bag, pour the dressing in and let marinate in fridge for 1-2 hours
- \* Preheat the oven to 350 degrees and spray a baking dish with cooking spray
- \* Spread 2 to 3 tablespoons of the pesto sauce onto each chicken filet
- \* Place one slice of cheese over the pesto
- \* Lightly sprinkle with Italian seasoning and red pepper flakes (optional)
- \* Roll up tightly, and secure with toothpicks
- \* Place in the greased baking dish
- \* Bake uncovered for 30 - 40 minutes in the preheated oven until chicken is nicely browned and juices run clear (internal temp of 165)