



## Mediterranean Stuffed Chicken Breasts

**Active Time:** 15 minutes | **Total Time:** 45 minutes | **Serves:** 4

### Nutrition Information Per Serving

195.8 calories, 6.04 g carbohydrate, 1.07 g fiber, 4.97 g NET carbs, 31.2 g protein, 4.63 g fat

#### Ingredients

- 2 -8oz. breast(s) organic pasture-raised chicken
- 4 clove(s) organic garlic cloves, minced
- 1 tsp organic dried rosemary
- 4 piece(s) organic sun-dried tomato, chopped
- 1/2 tsp(s) sea salt
- 1/4 cup(s) fresh basil
- 2 whole(s) organic shallots, chopped
- 1/2 tsp(s) freshly ground black pepper
- 1/4 cup(s) organic chicken broth
- 1 Tbsp organic red wine vinegar
- 2 ounce(s) organic soft goat cheese

#### Preparation

1. Preheat oven to 350 degrees F.
2. Heat chicken broth in a small saucepan over medium heat. Add shallots and garlic and sauté until soft, about 3 minutes.
3. Add tomatoes and remove from heat. Drain.
4. Stir in vinegar, basil, rosemary and cheese. Set aside.
5. Slice a horizontal pocket in each chicken breast half. Stuff each pocket with 2 tbsp. of the filling.
6. Rub chicken with oil and sprinkle with salt and pepper.
7. Place chicken breasts in an oven-safe glass baking dish. Bake 20 minutes or until a meat thermometer reaches 165F.
8. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.