



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.

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