



Chicken Breasts stuffed w/ Artichokes, Lemons and Goat Cheese

JULY RECIPE: Stuffed Chicken Breasts



Directions:

1. Preheat oven to 375°.
2. Combine first 6 ingredients; stir well.
3. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Top each breast half with 2 tbsp cheese mixture; roll up jelly-roll fashion. Tuck in sides; secure each roll with wooden picks.
4. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken to pan, and cook 3 minutes on each side or until browned. Wrap the handle of pan with foil, and bake at 375° for 15 minutes or until chicken is done.

What you need:

- 2 1/2 tbsp Italian-seasoned breadcrumbs
- 2 tsp grated lemon rind
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 (6-ounce) jar marinated artichoke hearts, drained and chopped
- 1 (3-ounce) package herbed goat cheese, softened
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray



Amount per serving

Calories: 234
Calories from fat: 30%
Fat: 7.8g
Saturated fat: 3.5g
Monounsaturated fat: 1.4g
Polyunsaturated fat: 0.5g
Protein: 33g
Carbohydrate: 7.2g
Fiber: 1.5g
Cholesterol: 78mg
Iron: 1.6mg
Sodium: 545mg
Calcium: 49mg