



Stuffed Chicken Breast

Serves eight

2 – 8 oz. chicken breasts – skinned and boned
4 slices ham or Prosciutto
½ cup shredded cheese – any cheese that melts well
¾ cup bread crumbs
1 tsp. garlic powder
1 tsp. paprika
1 tsp. cayenne powder
1 tsp. salt
½ tsp. crumbled dry sage
2 eggs
¼ cup milk
1 TBS Dijon mustard
¾ cup flour
2 TBS Olive oil

Preheat oven to 350 degrees.

Place the breadcrumbs into a shallow dish and add garlic powder, paprika, cayenne, salt and sage. Mix well. Set aside. Beat the 2 eggs. Add the milk and mustard. Mix well. Set aside. Place the flour in a shallow dish.

Cut the breasts in half. Remove any excess meat and keep for other use. Using a sharp knife, cut a slit on the thick part of the breast to form a pocket. Be careful not to cut the breast all the way through. Add salt and pepper on both sides and in the inside. Use salt sparingly.

Place a folded piece of ham and some grated cheese into the breast. Set aside.

Place the chicken in the flour and shake off excess. Dip it into the egg and shake off excess. Place the chicken on the bread crumb and coat well. Shake off excess.

Heat a skillet with some olive oil. When the skillet is really hot – place the chicken in the pan and cook until one side is browned. Flip and brown other side and brown as well. Be careful not to burn the coating.

Place the chicken in a baking pan and bake for about 17 minutes until breast is cooked through and cheese melts. Cut each breast in half and serve. Enjoy!

Suggested sides – Ginger Garlic String Beans; Roasted Brussels Sprouts or Cajun Style Sweet Potatoes

½ stuffed chicken breast - CALORIES 252.44; FAT 10.27 grs (sat 3.2; mono 4.8; poly 1.2); PROTEIN 20.63grs ; FIBER 1.15 grs; CARBS 17.87 grs; CHOLESTEROL 96.04 mg; IRON 1.78 mg; SODIUM 721.95 mg; CALCIUM 95.31 mg