

CAPRESE STUFFED CHICKEN BREAST

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving= 1 chicken breast)

Nutrition (per serving)

Calories: 218

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 430 mg

Total Carbohydrate: 22 g

Dietary Fiber: 1 g

Total Sugars: 6 g

Protein: 33 g



Ingredients

- 4-4-ounce raw chicken breasts

Caprese Stuffing

- 1 cup diced cherry tomatoes
- ½ cup (4 oz) finely diced fresh mozzarella cheese
- ¼ cup chopped fresh basil

Balsamic Glaze

- 2 Tablespoons balsamic vinegar
- 1 Tablespoon brown sugar
- ½ teaspoon dried oregano leaf

- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

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Directions

1. Cut a pocket about three quarters of the way through on the thickest side of each chicken breast, being careful not to cut all the way through.
2. In a small bowl, combine ingredients for stuffing.
3. In a separate small bowl, whisk together ingredients for glaze. Set aside.
4. Stuff each chicken breast with $\frac{1}{4}$ of caprese stuffing mixture.
5. Place stuffed chicken breast on grill or grill pan lined with foil. Brush chicken breast with glaze and cook for 6-7 minutes. Flip chicken breast and brush cooked side with glaze and cook for another 6-7 minutes. Flip breasts and cook for 1-2 minutes longer or until internal temperature reaches 165°.



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