

TOMATO & BASIL STUFFED CHICKEN BREASTS

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

Serves: 1 chicken breast

Nutrition (per serving)

Calories: 228

Total Carbohydrate: 5 g

Total Fat: 7 g

Dietary Fiber: 1 g

Saturated Fat: 1 g

Protein: 34 g

Sodium: 200 mg

Ingredients

4 boneless, skinless chicken breasts (4-6oz each)

8 sun dried tomatoes, drained

1/2 bunch fresh basil

1.5 Tbsp olive oil

1/4 cup balsamic vinegar

3/4 cup chicken stock



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Directions

1. Cut a deep horizontal pocket in the side of each chicken breast. Make the pocket as large as you can without piercing the top or bottom of the breast. Place 2 slices of tomato and about 4 basil leaves in the pocket of each chicken breast. Secure the pocket with toothpicks, threading along the side to close.
2. Heat oil in a heavy skillet until it begins to smoke. Cook each side of the chicken until golden brown.
3. Add the vinegar and chicken stock, and bring to a boil. Lower the heat and gently simmer the chicken for 2-3 minutes per side until cooked through.
4. Remove the chicken breasts from the skillet and keep warm. Continue to cook the sauce until it is reduced to a thick syrup.
5. Season with pepper, if desired. Spoon the sauce over each chicken breast.



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