



MEDITERRANEAN STUFFED CHICKEN BREAST

Ingredients

4 oz.	Chicken breast, sliced with pocket for vegetables and ingredients
1 oz.	Spinach, steamed
2 T.	Mushrooms, sautéed
1 T.	Sundried tomatoes, chopped
1 tsp.	Goat cheese, crumbled
5 each	Pine nuts
¼ oz.	White truffle shavings (from can, use minimal per serving)
½ tsp.	Olive oil
1/8 th tsp.	Salt
1/8 th tsp.	Pepper

Method

- Prepare ingredients that go into the chicken breast and set aside.
- Layer the ingredients in the chicken breast as follows:
 - 1 oz. cooked spinach
 - 1 tsp. goat cheese
 - 1 T. sundried tomatoes
 - 2 T. mushrooms
 - 5 pine nuts
 - ¼ oz. White truffle shavings
- Season stuffed chicken breast with a small pinch of salt and pepper.
- Pan-sear each side of the chicken breast until golden brown.
- Finish chicken breast in oven until finished.

Serves: 1

Serving Size: 1 stuffed chicken breast

Calories: 210

Fat: 8 gm

Protein: 27 gm

Carbohydrates: 6 gm

Sodium: 230 mg

Fiber: 2 gm