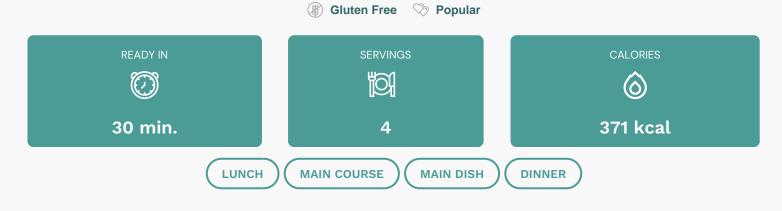


Chicken with Goat Cheese and Arugula



Ingredients

4 chicken breasts thin ()
4 servings kosher salt
4 servings ground pepper black
1 large bunch arugula trimmed (4 ounces,)
4 oz goat cheese broken into pieces soft (chevre)
1 Tbsp olive oil extra virgin
1 serving wooden toothpicks
4 servings wooden toothpicks

Equipment		
	frying pan	
	oven	
	plastic wrap	
	toothpicks	
	aluminum foil	
	meat tenderizer	
Directions		
	Pound chicken breasts thin: Preheat oven to 425°F. Pound the breasts thin to make them thi enough for rolling. To do this place a piece of plastic wrap over the chicken breast. Use the smooth side of the meat pounder to pound the piece thin.	
	Layer arugula and cheese on cutlets: Season the chicken pieces with salt and pepper. On a clean work surface lay cutlets flat, smooth side down.	
	Layer with arugula leaves and pieces of goat cheese in the center.	
	Roll up and secure with toothpicks: Starting with the narrowest ends, roll up the chicken cutlets into a tight roulade and seal with toothpicks to keep from unrolling.	
	Brown chicken roulades on all sides	
	Heat the oil on medium high in a large cast iron pan (or other non-stick oven-proof skillet).	
	Place the chicken roulades in the pan and brown on all sides.	
	Finish in oven:	
	Place the skillet in the oven and cook until the chicken is cooked through, about 10 to 12 minutes.	
	Remove pan from oven (take care to not touch pan handle with bare hands!) and remove the chicken from the pan.	
	Cover with foil and let rest for 5 minutes.	
	Remove the toothpicks from the chicken and slice the roulades into rounds to serve.	

Nutrition Facts

Properties

Glycemic Index:16, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:26.323043776595%

Flavonoids

Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 370.74kcal (18.54%), Fat: 15.52g (23.88%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.83g (0.92%), Cholesterol: 157.68mg (52.56%), Sodium: 567.99mg (24.7%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 53.97g (107.94%), Vitamin B3: 23.78mg (118.91%), Selenium: 73.2µg (104.58%), Vitamin B6: 1.78mg (89.23%), Phosphorus: 562.02mg (56.2%), Vitamin B5: 3.54mg (35.38%), Vitamin K: 34.03µg (32.41%), Potassium: 949.22mg (27.12%), Vitamin B2: 0.36mg (21.07%), Vitamin A: 1031.57IU (20.63%), Magnesium: 76.75mg (19.19%), Copper: 0.29mg (14.57%), Vitamin B1: 0.18mg (11.8%), Zinc: 1.71mg (11.37%), Iron: 1.82mg (10.1%), Folate: 39.86µg (9.97%), Calcium: 96.79mg (9.68%), Vitamin B12: 0.51µg (8.43%), Vitamin C: 6.95mg (8.42%), Manganese: 0.17mg (8.31%), Vitamin E: 1.11mg (7.38%), Vitamin D: 0.34µg (2.26%), Fiber: 0.48g (1.91%)