



WHATSheATE



Feta, Herb, and Sun-Dried Tomato-Stuffed Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 teaspoons basil fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup sun-dried olives packed
- ☐ 2 cups water

Equipment

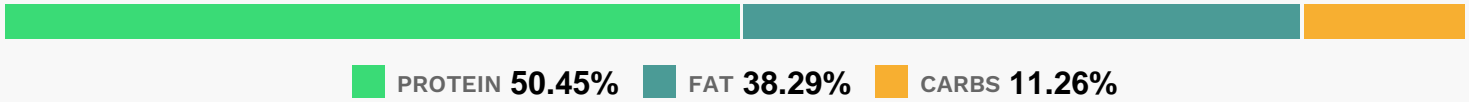
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 42
- ☐ Bring 2 cups water to a boil in a small saucepan; add tomatoes.
- ☐ Remove from heat; cover and let stand for 5 minutes.
- ☐ Drain and slice into thin strips.
- ☐ Combine tomatoes, cheese, 2 teaspoons chopped basil, oregano, garlic, and 1/4 teaspoon pepper in a small bowl.
- ☐ Place chicken breast halves between 2 sheets of heavy-duty plastic wrap, and pound each piece to an even thickness using a meat mallet or small heavy skillet.
- ☐ Cut a horizontal slit through one side of each chicken breast half to form a deep pocket. Stuff 1/4 cup tomato mixture into each pocket.
- ☐ Sprinkle both sides of chicken with salt and remaining 1/2 teaspoon pepper.
- ☐ Fold 4 (16 x 12-inch) sheets of heavy-duty aluminum foil in half crosswise. Open foil; place 1 1/2 teaspoons butter on half of each foil sheet.

- ☐ Lay one stuffed chicken breast half on top of each portion of butter.
- ☐ Place 1/8 teaspoon grated lemon rind on top of each stuffed chicken breast half, and drizzle each serving with 1 tablespoon chicken broth. Fold foil over chicken, and tightly seal edges.
- ☐ Place packets on a baking sheet.
- ☐ Bake packets at 425 for 20 minutes.
- ☐ Remove from oven, and let stand for 5 minutes. Unfold packets carefully, and thinly slice each chicken breast half.
- ☐ Garnish each serving with 1/2 teaspoon sliced basil, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:2.03, Inflammation Score:0, Nutrition Score:23.262173497159%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 320.66kcal (16.03%), Fat: 13.6g (20.92%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 9g (3%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.23g (5.81%), Cholesterol: 136.53mg (45.51%), Sodium: 773.53mg (33.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.31g (80.62%), Vitamin B3: 19.24mg (96.2%), Selenium: 57.79µg (82.56%), Vitamin B6: 1.39mg (69.67%), Phosphorus: 459.13mg (45.91%), Potassium: 1129.1mg (32.26%), Vitamin B5: 2.89mg (28.86%), Vitamin B2: 0.37mg (21.55%), Magnesium: 77.22mg (19.31%), Manganese: 0.37mg (18.26%), Copper: 0.28mg (13.86%), Vitamin B1: 0.21mg (13.79%), Iron: 2.23mg (12.36%), Zinc: 1.71mg (11.42%), Calcium: 110.24mg (11.02%), Vitamin K: 10.93µg (10.41%), Vitamin B12: 0.62µg (10.33%), Vitamin C: 7.89mg (9.57%), Vitamin A: 419.3IU (8.39%), Fiber: 2.03g (8.14%), Folate: 22.37µg (5.59%), Vitamin E: 0.61mg (4.06%), Vitamin D: 0.23µg (1.51%)