

Chicken Breasts Stuffed with Ricotta and Goat Cheese

Ingredients:

Stuffing-

- 7 oz ricotta cheese
- 2 oz soft goat cheese
- 2 Tbsp snipped fresh parsley or 2 tsp dried, crumbled
- 1 Tbsp snipped fresh chives or chopped green onions

Sauce-

- 8 oz can tomato sauce
 - 2 tsp salt-free Italian herb seasoning
 - 1 ½ tsp chopped fresh oregano or ½ tsp dried, crumbled
 - 1 medium garlic clove, minced
 - ¼ - ½ tsp salt
 - 1/8 tsp pepper
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- 4 boneless skinless chicken breast halves

Directions:

1. Preheat oven to 350°F. Lightly spray a 1-quart casserole dish with vegetable oil spray.
2. In a small bowl, stir together the stuffing ingredients.
3. In another small bowl, stir together the sauce ingredients
4. Put the chicken with the smooth side up between 2 pieces of plastic wrap. Using a tortilla press, the smooth side of a meat mallet, or a rolling pin, lightly flatten the breasts to a thickness of ¼ inch, being careful not to tear the meat.
5. Spoon about ¼ of the stuffing down the middle of each breast.
6. Starting with the short end, roll up the breast jellyroll style. Place the breast in the prepared casserole dish with the seam side down. Repeat with the other chicken breasts.
7. Spoon the sauce over the chicken.
8. Bake, covered, for 40-45 minutes, or until the chicken is no longer pink in the center.

For Our Program:

Nutrition Information:

Servings = 4

Carbohydrates per serving = 7g