



# Mouthwatering Stuffed Chicken

2

2 Servings

## Ingredients

- 2 large skinless, boneless chicken breast halves
- 8 asparagus spears, trimmed and divided
- ½ cup shredded mozzarella cheese, divided
- ¼ cup low-sodium or homemade breadcrumbs (preferably whole wheat)
- 1 teaspoon Italian seasoning or mixture of fresh herbs
- Salt and pepper to taste

Preparation time: 20 minutes

Cook time: 25 minutes

Ready in: 45 minutes

## Directions

1. Preheat the oven to 375 degrees F. Grease an 8x8 inch baking dish.
2. Place each chicken breast between two sheets of heavy plastic on a solid, level surface.
3. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about ¼ inch. Sprinkle each side of the breast with salt and pepper.
4. Place four spears of asparagus down the center of a chicken breast and spread about ¼ cup of mozzarella cheese over the asparagus. Repeat with the other chicken breast.
5. Roll the chicken around the asparagus and cheese to make a compact roll.
6. Place the rolls seam side down in the prepared baking dish and sprinkle each with about two tablespoons of breadcrumbs.
7. Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. An instant-read thermometer inserted into the center of the breast should read at 165 degrees F.
8. Take out of the oven and enjoy!

## Nutritional Information

Calories: 236

Protein: 36 g

Fat: 6 g

Carbohydrate: 7g

Cholesterol: 92 mg

Sodium: 126 mg

Potassium: 345 mg