

# Stuffed Chicken Breast

RECIPE MAKES: 2 SERVINGS

## INGREDIENTS

- 2 chicken breasts
- 2 ounce part-skim mozzarella, shredded
- 2 artichoke hearts, chopped
- 2 Tbsp. tomato, chopped
- 12 basil leaves, chopped
- 2 garlic cloves, chopped
- ½ tsp. curry powder
- ½ tsp paprika
- Pepper to taste
- Toothpicks

## NUTRITION INFO

| Nutrition Facts                       |            |
|---------------------------------------|------------|
| servings per container                |            |
| Serving size 1 Stuffed Chicken Breast |            |
| Amount per serving                    |            |
| <b>Calories</b>                       | <b>280</b> |
| % Daily Value*                        |            |
| Total Fat 10g                         | 13%        |
| Saturated Fat 4.5g                    | 23%        |
| Trans Fat 0g                          |            |
| Cholesterol 105mg                     | 35%        |
| Sodium 260mg                          | 11%        |
| Total Carbohydrate 13g                | 5%         |
| Dietary Fiber 5g                      | 18%        |
| Total Sugars 1g                       |            |
| Includes 0g Added Sugars              | 0%         |
| <b>Protein 37g</b>                    |            |
| Vitamin D 0mcg                        | 0%         |
| Calcium 242mg                         | 20%        |
| Iron 1mg                              | 6%         |
| Potassium 701mg                       | 15%        |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Preheat oven to 365°F.
2. Slice chicken breast almost halfway through, leaving ½ inch at the end.
3. In a medium sized bowl combine mozzarella cheese, artichoke, basil, tomato, and garlic.
4. Stuff mixture evenly between both chicken breasts.
5. Place a few toothpicks through the middle of the chicken breasts to hold mixture inside.
6. Place chicken breasts on a baking tray. Season with pepper, curry powder, and paprika.
7. Bake for 20 minutes or until internal temperature reaches 165°F.
8. Remove toothpicks and enjoy!



Healthy Options

