



# Recipes

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### SUN-DRIED TOMATO STUFFED CHICKEN BREASTS

**Prep:** 15 min

**Cook time:** 20 min. Total Time: 35 mins

**Serves:** 4

You can stuff chicken breasts with whatever's fresh in your pantry or fridge: herbs, veggies, flavourful cheeses, capers and spices.

#### Ingredients:

- 2 tbsp, minced Sun-dried tomatoes (without oil)
- 2 oz Soft-type goat cheese
- 1 tsp, chopped Dried thyme
- 1 pound(s), four 4 oz breasts Uncooked boneless skinless chicken breast(s)
- 1/8 tsp Table salt
- 1/8 pinch Black pepper
- 1 tbsp All-purpose flour
- 1 cup, dry, white Table wine
- 1 tbsp Cornstarch
- 1 cup Fat free chicken broth
- 1 tbsp Canned tomato paste
- 1 tbsp Fresh parsley chopped.

#### Directions:

In a small bowl, stir together sun-dried tomatoes, goat cheese and thyme.

Using a sharp paring knife, cut a horizontal slit through the thickest part of each chicken breast, creating a pocket. Be careful not to cut all the way through. Stuff each chicken breast with 1/4 of the cheese mixture. Season with salt and pepper and dust with flour.

Spray a large non-stick skillet with olive oil cooking spray and warm over high heat. Add chicken and brown well. Remove and set aside. Add white wine to pan and boil until almost all evaporated.

Meanwhile, in a small bowl, stir together cornstarch and 2 tablespoons chicken broth until smooth. Whisk cornstarch mixture, remaining chicken broth and tomato paste into white wine. Return chicken breasts to pan. Bring to a simmer, cover and cook over low heat until chicken is cooked through, about 10 minutes. Baste occasionally with sauce.

