

# STUFFED CHICKEN BREASTS

Serves 4 / Prep time: 30 minutes, plus 30 minutes chilling time /  
Cook time: 30 minutes

*This dish might perfectly complement a complicated risotto in a fancy fine-dining restaurant. The trick to perfect stuffed chicken breasts is to cut a perfect pocket—not too deep but with enough space so the filling is completely enclosed. If it isn't enclosed, the filling will simply melt in the oven, leaving an empty pocket.*

- 1 tablespoon butter
- 1/4 cup chopped sweet onion
- 1/2 cup goat cheese, at room temperature
- 1/4 cup Kalamata olives, chopped
- 2 tablespoons chopped fresh basil
- 4 (5-ounce) chicken breasts, skin-on
- 2 tablespoons extra-virgin olive oil

1. Preheat the oven to 400°F.
2. In a small skillet over medium heat, melt the butter and add the onion. Sauté until tender, about 3 minutes.
3. Transfer the onion to a medium bowl and add the cheese, olives, red pepper, and basil. Stir until well blended, then refrigerate for about 30 minutes.
4. Cut horizontal pockets into each chicken breast, and stuff them evenly with the filling. Secure the two sides of each breast with toothpicks.
5. Place a large ovenproof skillet over medium-high heat and add the olive oil.
6. Brown the chicken on both sides, about 10 minutes in total.
7. Place the skillet in the oven and roast until the chicken is just cooked through, about 15 minutes. Remove the toothpicks and serve.

## SUBSTITUTION TIP

If fresh basil is not available in the grocery store or your garden, try using a premade paste or frozen basil in the filling. You can also use a spoon of pesto for added flavor.

## PER SERVING

Calories: 389; Fat: 30g; Protein: 25g; Carbs: 3g; Fiber: 0g; Net Carbs: 3g; Fat 70%/Protein 28%/Carbs 2%

KETO QUOTIENT

GLUTEN FREE

NUT FREE

