

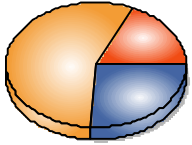


Tomato and Garlic Stuffed Chicken Breasts w/ Wild Rice

By: Modified by DrJez from Gourmet

Recipe grams: 834.18g/29.4oz

Serves 4 208.54g/7.4oz per serving



Protein: 39%
Carbohydrates: 38%
Fat: 22%

INGREDIENTS

1 cup WILD RICE, RAW
2 cloves GARLIC, RAW
1 tbsp ANCHOVY PASTE
1/4 cup PARSLEY, RAW
1 tbsp OLIVE OIL, EXTRA VIRGIN
1/4 cup TOMATO, SUN DRIED
1 plum-tomato TOMATO, RED, RIPE, RAW
2 breasts CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
1/4 cup PARSLEY, RAW
1/4 cup TOMATO, SUN DRIED
1/2 oz PINE NUT, PIGNOLIA, DRIED
1 tbsp BUTTER FLAVOR SPRINKLES, NONFAT
1 oz PROSCIUTTO

DIRECTIONS

Bring 4 cups of water to boil. Cook wild rice until just tender.

While rice is cooking, Remove external fat from chicken breasts. Place in a heavy duty zip-lock bag and pound with a mallet to flatten breasts to 1/4 inch thick. Pat dry.

Peel, mince and smash garlic cloves. Chop parsley and sun-dried tomatoes to a fine texture. Combine both with anchovy paste and olive oil. Slice prosciutto into 4 thin slices.

Slice plum tomato into 8 thin slices. Place one slice on one half of a chicken breast and spread 1/4 of garlic mixture. Place 1 slice of prosciutto on mixture. Top with second slice and fold chicken breast over to cover. Secure with 2 toothpicks. Repeat with remaining breasts, tomato, prosciutto and mixture.

Heat a non stick skillet coated with cooking spray to moderate-high heat. Place breasts in pan and brown on one side. Turn breasts over, reduce heat and cover pan. Allow chicken to cook for 4-5 minutes until done.

Note: Juices, when down will condense in pan as a delicious broth.

Drain rice when done. Chop sun dried tomatoes coarsely and combine with rice and remaining ingredients and serve on a bed of spinach and top with a chicken breast. Pour pan juices over the top.

Nutrition Facts

Serving Size: 1 serving (208.5g)
Servings: 1

Amount Per Serving

Calories 380 Calories from Fat 90

% Daily Value*

Total Fat 9g **15%**

Saturated Fat 2g **8%**

Trans Fat 0g

Cholesterol 80mg **25%**

Sodium 840mg **35%**

Total Carbohydrate 37g **10%**

Dietary Fiber 4g **15%**

Sugars 5g

Protein 38g

Vitamin A 15%

• Vitamin C 30%

Calcium 4%

• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.