

Wapakoneta Family YMCA Recipe Exchange

Recipe: Chicken Breasts Stuffed w/ Artichokes, Lemon & Goat Cheese

From: Sarah Smeltzly

Oven Temp: 375 degrees Servings: 4

2 1/2 Tablespoons Italian-seasoned breadcrumbs
2 teaspoons grated lemon rind
1/4 teaspoon salt
1/4 teaspoon pepper
1 (6oz) jar marinated artichoke hearts, drained & chopped
1 (3oz) package herbed goat cheese, softened
4 (6oz) skinless, boneless chicken breast halves
1 cup fresh mushrooms (optional)
Cooking Spray



- Combine first 6 ingredients; stir well.
- Place each chicken breast half between two sheets of heavy-duty plastic wrap; pound to 1/4" thick using meat mallet or rolling pin. Top each breast half with 2 Tablespoons cheese mixture; roll up jelly roll fashion. Tuck in sides and secure each roll with toothpicks.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken to pan and cook 3 minutes on each side or until browned.
- Wrap the handle of the pan with foil and bake at 375 degrees for 15 minutes or until the chicken is done.

Nutrition Information (if available):

Calories: 234

Fat: 7.8 grams

Fiber: 1.5 grams

Protein: 33 grams