

# CAPRESE STUFFED CHICKEN BREAST

Caprese Stuffed Chicken Breast

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 4 (Serving= 1 chicken breast)*

## **Nutrition (per serving)**

Calories: 218

Total Carbohydrate: 22

Total Fat: 7 g

Dietary Fiber: 1 g

Saturated Fat: 3 g

Total Sugars: 6 g

Sodium: 430 mg

Protein: 33 g

## **Ingredients**

- 4-4-ounce raw chicken breasts

### *Caprese Stuffing*

- 1 cup diced cherry tomatoes
- ½ cup (4 oz) finely diced fresh mozzarella cheese
- ¼ cup chopped fresh basil

### *Balsamic Glaze*

- 2 Tablespoons balsamic vinegar
- 1 Tablespoon brown sugar
- ½ teaspoon dried oregano leaf

- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

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- ¼ teaspoon ground black pepper



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## Directions

1. Cut a pocket about three quarters of the way through on the thickest side of each chicken breast, being careful not to cut all the way through.
2. In a small bowl, combine ingredients for stuffing.
3. In a separate small bowl, whisk together ingredients for glaze. Set aside.
4. Stuff each chicken breast with  $\frac{1}{4}$  of caprese stuffing mixture.
5. Place stuffed chicken breast on grill or grill pan lined with foil. Brush chicken breast with glaze and cook for 6-7 minutes. Flip chicken breast and brush cooked side with glaze and cook for another 6-7 minutes. Flip breasts and cook for 1-2 minutes longer or until internal temperature reaches 165°.