

## Chicken

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# Bacon and Goat Cheese Chicken

Cooking Light

**Servings: 4**

*If you like bacon.*

**2 tablespoons green onions, sliced**

**3 ounces goat cheese**

**1 slice bacon, cooked and crumbled**

**4 6-ounce skinless/boneless chicken breast**

**wooden toothpicks**

**1/2 teaspoon salt**

**1/4 teaspoon black pepper**

**1 tablespoon canola oil**

Preheat oven to 350 degrees.

Combine green onions, goat cheese bacon.

Cut a 1-inch-wide slit into the thick end of each chicken breast and carefully cut down to center of chicken to form a pocket.

Divide cheese mixture evenly among pockets. Secure with toothpicks. Sprinkle chicken with 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

Heat skillet over medium-high heat. Add canola oil. Add chicken; saute' 4 minutes. Turn chicken over.

Place skillet in oven. Bake for 12 minutes; let stand for 5 minutes.

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Per Serving (excluding unknown items): 137 Calories; 12g Fat (77.2% calories from fat); 7g Protein; 1g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 366mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat.