

Cheese and Date Stuffed Chicken Breasts

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 4

*2 tablespoons pitted whole dates,
chopped
4 small (2 to 2-1/2 pounds) chicken
breast halves, skinned
2 ounces goat cheese (chevre), softened
2 tablespoons slivered almonds,
toasted and chopped
1 teaspoon snipped fresh thyme or
rosemary
1/4 teaspoon salt
1/4 teaspoon black pepper
nonstick cooking spray
1 tablespoon honey
1 tablespoon lemon juice*

Preparation Time: 20 minutes

Bake: 15 minutes

Preheat the oven to 375 degrees.

Place the dates in a small bowl. Add enough boiling water to just cover the dates. Let stand for 5 minutes.

Meanwhile, using a sharp knife, cut a pocket in each chicken breast by cutting horizontally through the thickest portion to, but not through, the opposite side.

Drain the liquid off of the dates. Add the goat cheese, almonds and thyme to the dates and stir until combined. Spoon the cheese mixture into the pockets in the chicken. If necessary, secure the openings with wooden toothpicks. Sprinkle the chicken with the salt and pepper.

Coat an ovenproof large nonstick skillet with cooking spray. Heat the skillet over medium heat. Add the chicken pieces to the skillet, meaty sides down. Cook for 3 to 4 minutes or until browned. Turn the chicken pieces. Bake for 15 to 18 minutes or until the chicken is no longer pink (170 degrees).

Meanwhile, in a small bowl, combine the honey and lemon juice. Brush over the chicken for the last 2 to 3 minutes of baking.

Per Serving (excluding unknown items): 293 Calories; 16g Fat (49.1% calories from fat); 31g Protein; 6g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 225mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	293	Vitamin B6 (mg):	.8mg
% Calories from Fat:	49.1%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	7.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	43.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	16g	Folacin (mcg):	8mcg
Saturated Fat (g):	4g	Niacin (mg):	15mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	93mg	% Refused:	0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	31g	Lean Meat:	4 1/2
Sodium (mg):	225mg	Vegetable:	0
Potassium (mg):	362mg	Fruit:	0
Calcium (mg):	29mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	1mg	Other Carbohydrates:	1/2
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	121IU		
Vitamin A (r.e.):	35RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 293 **Calories from Fat:** 144

% Daily Values*

Total Fat 16g	24%
Saturated Fat 4g	20%
Cholesterol 93mg	31%
Sodium 225mg	9%
Total Carbohydrates 6g	2%
Dietary Fiber trace	1%
Protein 31g	
Vitamin A	2%
Vitamin C	5%
Calcium	3%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.